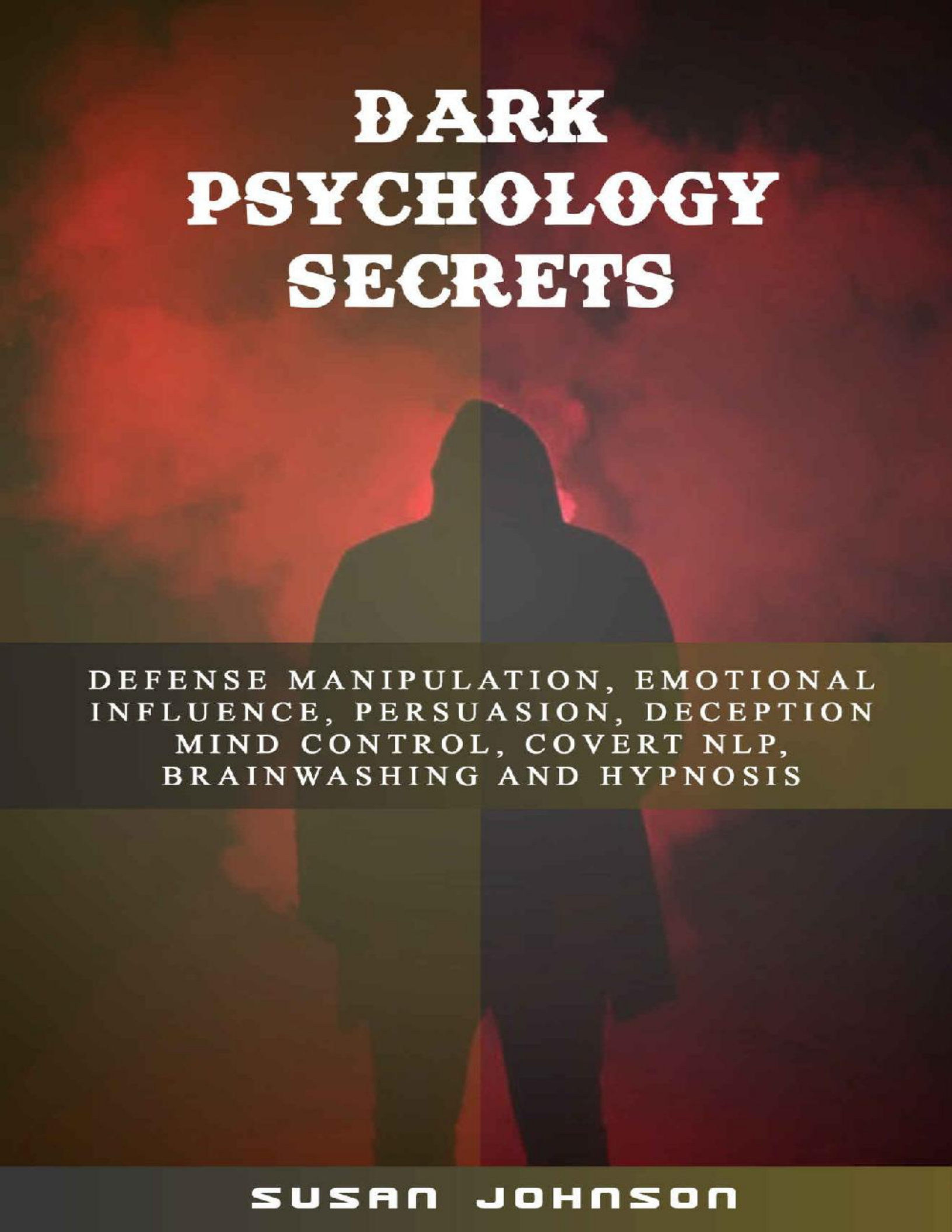
DARK
PSYCHOLOGY
SECRETS
DEFENSE MANIPULATION, EMOTIONAL
INFLUENCE, PERSUASION, DECEPTION
MIND CONTROL, COVERT NLP,
BRAINWASHING AND HYPNOSIS
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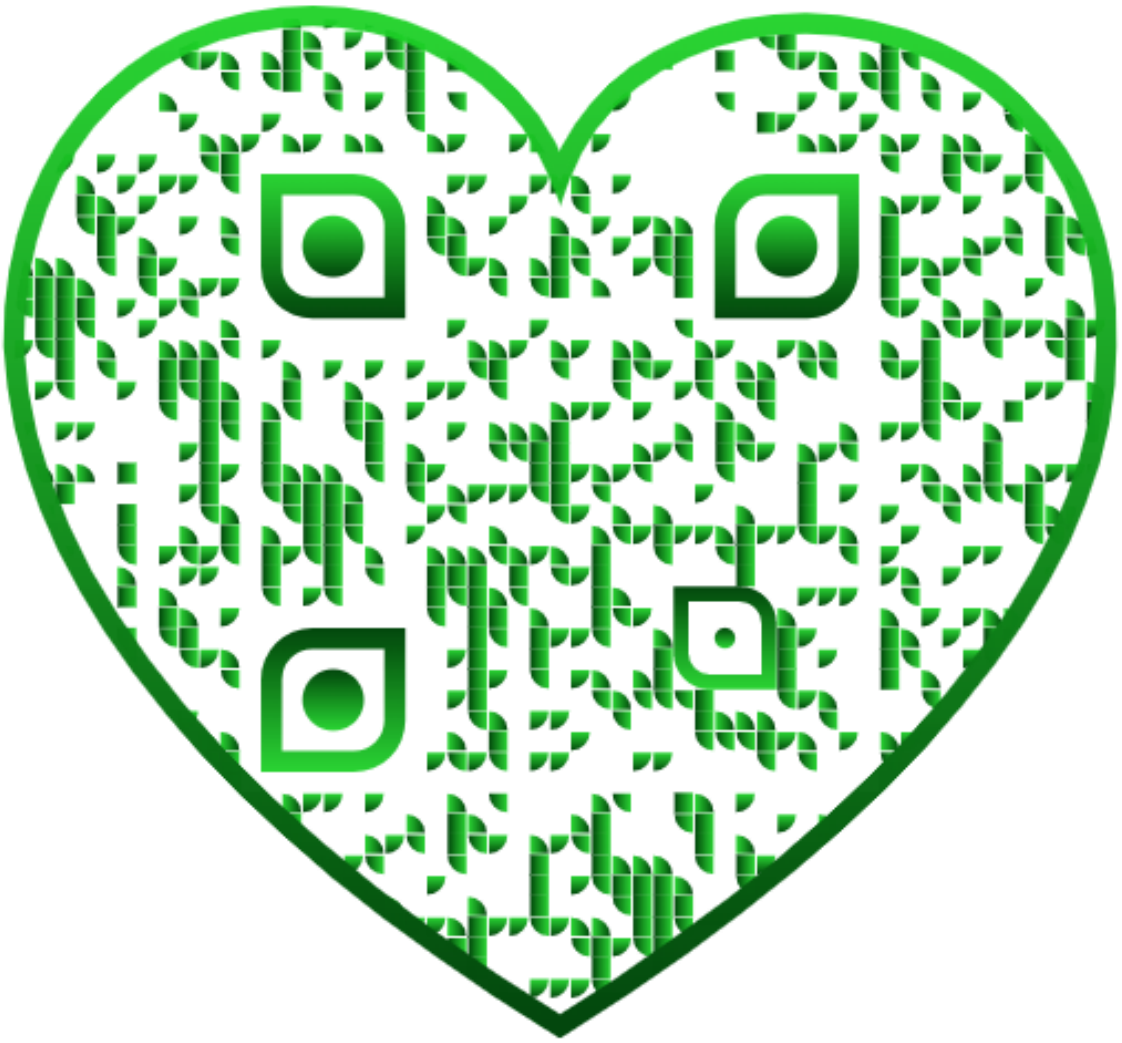

DARK PSYCHOLOGY SECRET

Defense Manipulation, Emotional Influence, Persuasion, Deception, Mind Control, Covert Nlp, Brainwashing and Hypnosis

By

Susan Johnson

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INTRODUCTION

In recent years Dark Psychology has tried to uplift the human spirit with lots of popular Dark Psychology terms such as, "Positive Dark Psychology" or the numerous books released to tell the masses how to behave to lead a fulfilled successful life. Can life be as easy as reading the right book and following some basic concepts and everything is going to be OK for you and me?

This book is different, we shall explore the secrets "Dark" side of the human mind, Defense of Manipulation, Emotional Influence, Persuasion, Deception, Mind Control, Covert NLP, Brainwashing and Hypnosis as part of the everyday human psyche that emerges in us all from time to time - that part that finds excitement, glee and pleasure in the dysfunctional part of our existence.

How can society reconcile with its dark side? I use the word insane to refer to those in society who oppose the social norm. First, let's examine how we can identify the "Dark Side" of psychological thought and behaviour. We need a measure, to know, what is normal and what is considered abnormal behaviour.

Our first measure is social norms; this means in any society of what is considered normal behaviour is given a set of circumstances that confront our perception. For example, in Western culture to strike another person, violently is considered a criminal act and one that is repulsive to a peaceful society.

However, we condone violence when the person is given societal permissions such as a soldier in the act of war, a policeman in the act of apprehension of a dangerous criminal, a citizen defending his family from a serious threat from another person. These double standards can be misinterpreted in many ways.

The soldier who commits war crimes such as genocide, the policeman who uses violence to intimidate a witness while interviewing them or the citizen who violates another person rights to further their position in some way.

Also, How do we as a society decide what is right and wrong, who has the power to decide these rights, do laws follow moral conviction or do they become the protection of the weak against the strong or the rich against the poor?

Most societies agree that killing another human being is against a moral code - it is simply wrong to kill and should be punished by an act of equal severity, by the society that supports the moral, legal stance imposed on the masses by its lawmakers.

To most societies, this has been a religious code of conduct such as the ten commandments of the Christian faith and other such codes from Buddhism to the Muslim Koran. Faith in divine reward and punishment are reflected in the legal language and laws seen as the bedrock of any civilized nation of people.

It is having accepted these rules why then do people readily deviate from these morals, laws and religious guidelines that allow us all to live in a peaceful society governed by agreed principals of behaviors that protect the individual from danger, hurt and abuse?

The third area of behaviour is that not set down in law or religious concepts but those everyday sets of behaviour the English would refer to as, "manners" or being "polite". The conduct or way of acting that conforms to behaviour accepted as that of a superior member of a society who knows how to conduct themselves in the company of others to a set of standards that are seen as the mark of an advanced civilization.

These can sometimes be seen in the etiquette of table manners or a man opening a door for a woman and allowing her to pass first, the recognition of

man's duty to protect and defend women.

Today in some cultures, women's rights have cast doubt of manners towards woman as sexist and therefore demeaning to a woman's independence. Never-the-less manners are seen as the mark of being well-bread and in the upper echelons of society, whether they are traditional Englishness or a Japanese tea ceremony.

Having set out societies differing ways of measuring behaviour either through, law, morals or socially acceptable norms humans still manage a wide range of dysfunctional behaviour that often impacts on and influences others to the point where the perpetrators of this behaviour see themselves outside the law, moral codes and etiquette of the rest of society.

Sometimes through the feeling of guilt, we all recognise when we have transgressed those rules that we see as essential to a well-ordered civilization. However, there are those other people who feel nothing when faced with dealing out violence, destruction and death against others as merely their right to live without those rules and the freedom to live a life that is determined by nothing more than what they wish to own, possess or destroy.

Let's get started!

DARK PSYCHOLOGY SECRET

What Is Dark Psychology?

Dark Psychology is the study of the human condition as it relates to the psychological nature of people to prey upon other people motivated by criminal and deviant drives that lack purpose and general assumptions of instinctual drives and social sciences theory. All of humanity has this potential to victimize other humans and living creatures.

While many restrain or sublimate this tendency, some act upon these impulses. Dark Psychology seeks to understand those thoughts, feelings, perceptions and subjective processing systems that lead to predatory behaviour that is antithetical to contemporary understandings of human behaviour.

Dark Psychology assumes that criminal, deviant and abusive behaviors are

purposive and have some rational, goal-oriented motivation99% of the time. It is the remaining1%, Dark Psychology parts from Adlerian theory and the Teleological Approach. Dark Psychology postulates there is a region within the human psyche that enables some people to commit atrocious acts without purpose. In this theory, it has been coined the Dark Singularity.

Dark Psychology is a universal part of the human condition. This construct has exerted influence throughout history. All cultures, societies and the people who reside in them maintain this facet of the human condition. The most benevolent people known have this realm of evil, but never act upon it and have lower rates of violent thoughts and feelings.

Dark Psychology puts forth the notion the near era person draws to the “the black hole” of pristine evil, the less likely he/she has a purpose in motivations. Dark Psychology defines the psychopath as a predator devoid of remorse for his actions.

The Dark Side - Dark Psychology Secret

What posses the man who kicks the dog, when he is frustrated by a society that pens his existence. What feelings does he release at that moment when the dog screeches and howls in pain and fright? Why does he smile and wish further harm to the dog and enjoy the sight of an animal in pain? On-lookers feel outraged by his behaviour and sympathy for the defenceless dog for which this man has sought to treat cruelly and without remorse. Who is this man? Why he is all of us from time to time.

We all lose our sense of psychological calm and rational thoughts as we grapple with life's unfairness or lack of opportunity. On the other hand - wait - for this man is wealthy, has all his needs fulfilled, yet still feels great delight in kicking and watching the dog suffer at his hands.

A sense of power at his ability to inflict pain, and the pleasure at feeling

superior to other lesser humans whom he sees as incapable of taking what they want and so end up his employees and servants. This superior positional thinking leads to a lack of sympathy or empathy for others as only fools who accept the dominance of his kind as leaders and law-makers.

The above example is too give an insight into a behaviour that breaks our three measures of social norms, law (hurting a defenceless animal) moral (the taboo on senseless behaviour seen as wrongdoing) socially acceptable behaviour, (while everyone might lose their temper and kick their dog, most will feel pangs of guilt and remorse). Here, however, we meet people who feel no guilt, no remorse and see themselves as exempt from laws they do not agree with.

In another example, we have to look at the criminal. Criminals are often seen as the rejects of society as they have come from flawed backgrounds, disadvantaged families and poor parental upbringing. In society, the largest harm done to the public is often from corporate crime such as pension fund embezzlement, stocks and shares insider trading and theft of assets and wealth by CEO and government officials.

This so-called white-collar crime is often undetected and the hardest to bring to justice. Everyday criminals are more visual to the public as their crimes cause localized distress and make the media cry for police action and civil authority action. Therefore, most laws are about a visual crime that is easy to understand and comprehend.

Punishment of visual crime is also straight forward and dealt with every day in our courts and media. How do we distinguish between the two types of criminal - the so-called victimless crime of white-collar criminals who see no direct victim or the murderer who during an armed robbery kills and maims those who oppose his will to steal what he wants from society and the distress

they leave behind?

So what does Dark Psychologist have to say about the deviants who do not see their actions as a problem to themselves and feel others who do not take control of their lives as weak and therefore deserve to be victims of those who are smarter, stronger or more powerful? The media often cries about the passive masses that accept the status quo and in the same paper would condemn the local person who took the law into their own hands perhaps to avenge some wrong-doing against them or their families?

The first area that Dark Psychology expounds the reasons behind this dark behaviour of others is "developmental" that upbringing is at the route of this behaviour, that the dog-kicker was not loved or cared for correctly. That during their formative years, they were subject to cruelty, sexual abuse or lack of social education that the same transgressors were victims of bullying at school and therefore needed to act-out their frustration on those in society that are weaker than themselves.

There is evidence amongst violent criminals that they often possess an extra Y chromosome (men) that gives them a high amount of testosterone leading to violent outbursts towards frustrating situations in which they use terror and fear as the key to getting what they need.

However, as a percentage of violent criminals, this is statistically minute even though in the general prison population, this may be higher. All genetic research so far has to lead to speculation about genetic factors but with no firm evidence to back up the claims. The most often cited evidence is that from twin studies where twins separated at birth have high incidences of similar behaviour and outcomes.

This then is the propositional position that makes Dark Psychology hard to always see as a positive view or a deterministic way of the world and that

maybe it is in fact that normal behaviour amongst humans is to be cruel, deceitful, violent and tendency towards criminal behaviour under a variety of circumstances. Those morals are a luxury of a settled society where everyone is equal both economically and in caste or class.

The Dark Psychology Of The Survivalist

There are those particularly in the USA that sees the end of society as a real possibility whether they advocate nuclear annihilation (today more likely bio-warfare) or the breakdown of capitalism leading to social chaos and civil strife. These people are often referred to as survivalists. They store weapons against the uncontrollable hordes that would roam the country in the event of civil breakdown and food for the possibility of shortages caused by the economic meltdown.

(Looking at 2009 in the USA many survivalists would argue they have a good case). The survivalists believe they have a basic right to defend themselves and their families in the case of societal breakdown and lack of protective laws. On occasions, these groups come into conflict with existing legal statutes that become enforced by federal authorities such as the FBI.

Therefore the survivalist's mentality is while on the one hand in conflict with

society and in the other seen as a genuine attempt at controlling one's fate against future disasters. After all insurance companies survive just on that premise alone - and ironically would be the first not to survive an economic breakdown of capitalism as seen by the failure of many banks in 2008/9 around the world.

Today the most popular movies at the box office are disaster films, those where flood, sun-flares, bio-warfare, alien invasion and other catastrophes cause the social breakdown of society. The heroes of these movies are always the resourceful survivalists who through violence, protect their kin from all-comers.

Why does the public find these people as attractive, as hero's and yet the real survivalists are vilified as public enemies of the status-quo? Judging by the success of these movies, ordinary people recognise that the breakdown of society is something that may happen or is if the fact is inevitable. So they look to these movies as a type of hope for another future that may come about by the demise of their everyday world.

Dark Psychology As Evolution

In human history, all people started as survivalists as hunter-gatherers roaming the land looking for easily accessible animals for food and warmth. As time goes by, we see these societies settle into agro-cultural settlements that create rules, laws, leaders and a moral code. As they develop and grow these settled societies create art, music and religion to compensate for a limited existence within the constrictions of the very society they have formed.

From these beginnings, land and property become important. The possession of goods and chattels becomes essential to growth. As time goes by these settlements become villages, towns and cities which eventually form countries with boundaries. Survival becomes now the group and not the individual as was human's instincts from the beginning of time. However, eventually, all these societies fade and crumble away.

Most fail as they grow into empires who dominate the weak with a version of their laws and religions. However, one thing history teaches us all is that societies do disappear for all sorts of reasons. (Greek, Roman, Egyptian in the ancient world and British, French, German and Japanese empires in the modern world).

All of these societies had one thing in common they did not envisage their demise. In today's world, a European and American could not imagine the fall of the EEC or the USA, yet these new modern empires have their Achilles heel, "Capitalism". Although Karl Marx saw the evils of capitalism and its eventual failure he could not have seen how it would grip the modern world to such a point that wars over oil and gas would dominate the 21st century.

Most of the failures can be contributed to mismanagement, but it was a loss of confidence in the financial system by ordinary people that caused a rush on funds and inability to service crippling debt through high-interest rates and little return on investments. When people panic, they go into survival mode - they look after themselves first.

Dark Psychology Of Fear

Why the psychological perception of any danger causes organism response? The answer is in human anatomy, more exactly, in the reasons of pain appearing. Is psychological pain similar to a physical one?

How pain occurs? With physical pain, everything is quite clear. We do not take into consideration simple motor reflexes that are performed under control of the spinal cord. How psychological pain occurs? Our organism has such feature as self-regulation of all physiological processes; in other words, brain responses on the change in the chemical processes in the organism.

Probably, under the influence of emotions in the organism occurs some kind of change, for example, in blood composition, then it is transmitted to the brain, and again the response impulse from the brain is transmitted to one of the organs, and thus pain occurs. Let it call the psychological cause of the pain.

Now we should understand how emotions influence on the physical condition of the organism. It is necessary to understand the complicated organization both of nervous system and mentality. For that purpose, there is a need in a specialist.

For example, when you fear darkness, you suffer from heartache, woodiness in blossom, discomfort in the throat. You feel like somebody stops your breath. Here you fear not darkness itself but a thing that can stand in the darkness.

It is based on received information about it during your life. You fear that something can play the devil with you. A little child never fears darkness until he was told what can be in it. Let it call conscious fear.

Such phobias as fear of a concrete situation or object, that frightens you with something and rises the feeling of fear and horror, are also referred to conscious fear because you feel this fear in the result of your bad experience or negative information received from someone. What is the nature of this fear? How does this fear occur? What do I feel? Lack of confidence. Embarrassment. Dejection. Inactivity. Anxiety.

Blame. Injury. Consternation. Stress. Panic. You feel difficulty in your blossom. Respiratory difficulty. Cold sweat. These are psychological and physical sensations in your body. And that means that fear is interconnected with other negative emotions. One thing causes another, comes from the other but means the same thing.

What about unconscious fear or, in other words, a simple fear not based on the experience? What can it be?

This can be the fear of the uncertainty, fear of the unidentified. For example, children fear noises, unknown things. Generally, from the very beginning of human history, people always were frightened of inexplicable acts of nature.

Or their fear was based on the phenomenon seen before?

For example, fear of unknown future, fear of possible fantasized negative events. How do we find out that these are bad events? We compare possible events with experienced negative ones.

It turns out that we fear unknown things because we fear unknown bad things. We do not fear good unknown things because they arouse joy. And when we feel fear, all good events we do forget. In other words, when we think about an unknown event in our mind, a bad image appears, as a result, occurs a feeling of fear based on negative early experienced fear. It means that fear of the unknown thing is a conscious fear.

Remorse Regret And Sorry - A Triad Of Dark Psychology

Remorse, Regret, and Sorry are three words vital to adaptive living. These three words, when practised increase the probability of all social interactions being successful. Ignorance and refusal of this psychological triad lead to criminal and deviant behaviors with victimization as the modus operandi. Two diminutive words, "I'm Sorry", is one of the most powerful and complex phrases expressed in communication.

Since the beginning of civilization, this phrase has been part of all societal and cultural exchanges communicated via various languages. "I'm Sorry" will always be integral to social relationships. The premise of this phrase concretely illustrates how all people are fallible creatures. Actions and words can offend briefly or inflict a life long psychological scar void of healing. Understanding the meaning and origins of "I'm Sorry" will assist the reader in comprehending this powerful phrase.

The term, Sorry, is an adjective with a multitude of meanings defining different communications expressed in social relationships. From a reductionist standpoint, and adding the identifier, I'm, makes the phrase a

form of apology and expression of regret.

The definition of apology is an expression of regret for causing someone else trouble or pain. The definition of regret means to feel remorse or contrite about one's actions. Remorse and regret are two emotions people, in general, have a challenging time experiencing and admitting.

Remorse is another vital term to understand the phrase succinctly, "I'm Sorry." Without the experience of remorse, it is impossible to communicate regret for one's misdeed(s) sincerely. Remorse is defined as a sense of deep regret and guilt for causing someone harm. Depending on the harm committed, the severity of remorse can range from subtle to severe. The societal purpose of remorse is to educate people on behaviors not acceptable in social interactions.

Without the experience of remorse, people can not learn to change their actions leading to a more conducive lifestyle. Since the beginning of recorded history, civilization has written poetry, music, songs, and various other forms of communication in an attempt to define and express the experience of remorse. Without remorse for wrongdoings, society could not exist, and isolation would be central to human existence. The human being is a social creature surviving and thriving within a group dynamic. As part of this evolutionary structure, remorse and communication of regret are both encouraged and necessary for the survival of all people, the homo sapiens.

Given the vital purpose of remorse and regret to humanity, the term, "I'm Sorry", is often confounded by suspicions of sincerity. A person's character and integrity is a barometer of sincerity, and the impact of communicating remorse is directly connected to the person's intent. If integrity is deemed suspect, then attempts to apologize can easily be construed as misguided void of sincerity.

Character and integrity related to being genuinely remorseful are tied to past, present, and future actions following their misdeed(s). Some are unforgivable while most are accepted provided specific works are exhibited after his/her misdeed(s). The end product of actions following a misdeed is newly learned behaviors reducing the potential for repetition of the specific misdeeds.

An analogy to illustrate human fallibility not addressed, changed, or redirected would be the person who suffers from alcoholism. Although the alcoholic is secretly aware of his/her drinking causes pain and anguish to others, he/she continues to drink using a variety of defence mechanisms such as denial, displacement, and minimization.

Engaged in the gradual demise of his/her character, integrity, and trust by others, the alcoholic may go years before experiencing remorse and abstaining from future alcohol consumption. The process of recognition, remorse, regret, recovery and rehabilitation illustrates the path all people should experience in the process of positive human adaptation.

Without remorse or regret for actions deemed hurtful by others, the probability for positive change is minuscule. Given the depths of the human mind, there are copious defence mechanisms ready to protect someone from feeling regret for their actions. The ability to say, "I'm Sorry", and mean it requires an internal reservoir called conscience. Conscience is defined as a moral sense of right and wrong. This psychological construct affects a person's behaviour and encourages functional behaviour.

Consciousness, thinking, awareness, and self-awareness are all relevant facets of the conscience. This construct is like a glass of water ranging from empty to full. Most people's reservoir of conscience ranges from ½ to ¾ filled. As mentioned above, a part of the human condition is fallibility and proclivity to engage in non-functional behaviour (s) — the less conscience a person

possesses, the after he/she is at risk for victimizing others. The severest outcome of lacking a vessel of conscience would be the criminal, deviant, or sociopathic mind.

The phrase, "I'm Sorry", is one of the most important phrases involved in the human experience. From the beginning of time and ad infinitum after that, the process of recognition, regret, remorse, and rehabilitation will always be a barometer for human adaptability. Laws, religions, philosophies, and familial guidelines for raising children are all geared to manage and reduce human suffering.

THE GOAL IS qUITE SIMPLE AND EASY TO PRACTICE USING FIVE STEPS.

- Expect others to become offended, given the variability of perceptions filtering all human interactions.
- Whether innocent or guilty, causing others harm, initiate an apology followed by empathy for their experience.
- Verbalize a plan for not offending in the future.
- Introspect upon and initiate a paradigm shift reducing the potential for future offending action(s).
- Never forget, always forgive, and foster mutual respect.

Defense Against Manipulation

Verbal self-defence involves manipulation and negotiation with the offender/ attacker. In these situations, you're trying to persuade the offender not to let you go. You're also trying to de-escalate the situation to escape or use force against him.

If the offender has a weapon, try to persuade him to not use the weapon by saying that things will go better if he doesn't use it or the weapon is scaring you. Once the weapon is no longer an issue, you can then decide to use force against the offender or seek an opportunity to escape.

If the attacker is in your home, you can talk him into letting you go to the bathroom. Maybe there is a window you can escape from in there. Or you can find another way to escape (backdoor, side door, some other window). Or if you feel that you can use force against him, go ahead.

There is also the option of just totally flipping out on the attacker to scare him. Start to act crazy, scream at the top of your lungs, wave your arms and start running around like a maniac. The attacker might be completely freaked out by your behaviour, that he might just get the heck out of there.

People don't like to think about this, but giving in to the attacker's demands could save your life. It can also keep you from being severely injured during the attack. Instead of thinking about this as giving in, think of it as passive verbal self-defence. You talk to the attacker as if you understand where he's coming from. You let him know that you're not going to try to do anything to tick him off.

It's up to you to decide which way is the best course of action for you. If you don't see any opportunity for escaping, using force against the attacker, or just going crazy, then you might have no choice but to try to diffuse the situation so you don't get killed or severely injured by just talking to the attacker to calm him down and letting him know that you won't resist.

How To Recognize An Emotional Manipulator

Sometimes people can act in a certain way that leaves others feeling completely powerless, and the victim in the game can end up confused and disorientated with no idea how it all happened. This has happened to everybody at some stage in their life as people trying to get 'one up on each other' is a natural process of leadership, however, in many cases, it is both sides that do not recognize what is happening.

Here I will describe the "hit and run" method of emotional manipulation. This style of power control is one of the most potent as unless the victim is very strong in will power and prepared to risk looking out of place; the odds of success are stacked against success.

A hit and run method is described as the following. Imagine one partner

(Person A) has spent a long time preparing to go out for the evening and taken lots of care and attention but has low self-esteem. The self-esteem issue may cause the person to rely on the way they look to feel valuable, but their inner fear is that they are not good enough. As they come downstairs to their significant other or friend, their friend may say something like "come on, are you getting ready?

It is nearly time to go out! (Implying that they do not look ready) (This is the HIT) Aimed to trigger off the person's fear that actually, they are not good enough. When person A then tries to defend themselves by replying. "I am ready" their partner can turn back and say "Great you look fantastic, let's go then!" (This is the RUN) If person A then asks for reassurance and says, "well do I look OK?" the partner turns back and say "I just said you look fantastic."

The insult has been placed in person A's mind, and they can't come back from it, leaving them with a feeling of inadequacy all night, but leaving their partner (person B) in complete control.

The only power a person has against this is to recognize it and genuinely ask themselves if the attacker genuinely meant to inflict injury if they did it may be a serious situation and be harmful to be around them depending on if they will change or choose to. When working with or around a manipulator the only power is awareness, it is very ill-advised to fight against them if they can trigger fear in you as once you are in fear your inner creative thought will evaporate and choices will become difficult. Know yourself! Know your enemy! Know your game!

Self-Defence Techniques

In a self-defence situation, you can disable or control the assailant by manipulating their joints. The small joints in the fingers and hands are

susceptible since they are not very strong individually. A much smaller defender can inflict leverage and immense pain. In this book, I will explain how to manipulate these joints.

If you have ever bent or jammed a finger or thumb backwards or to the side, you understand how weak an individual finger can be. And how much pain can be involved? Professional athletes must constantly be aware of keeping the fingers together to avoid injury. The hand as a whole is fairly strong, but the individual digits can be manipulated without much force.

In a self-defence situation, you can use this to your advantage. Many times the attacker's fingers will be in a vulnerable position. Grabbing one of their fingers or thumbs and applying pressure will allow you to disable or control them. Disabling them will involve destroying the joint or breaking a bone. Controlling them will involve keeping constant pressure on the joint.

You have no doubt seen one person controlling another by a thumb. Whether it was an episode of the Three Stooges or a martial arts demonstration. Even though it looks humorous, it is an essential defence technique and a way to learn how to fight. Aikido is one well known martial art that uses joint manipulation extensively for personal protection.

Joint manipulation can be used in several ways if you are grabbed. If grabbed by the collar or lapel one simple self-defence technique is to use your thumb to push their thumb down into the palm of their hand. This is a controlling technique. With enough pressure, you can take them to the ground. Another option is to grab their thumb with your entire hand and force it to the back of their hand. This is a disabling technique. Their thumb can be dislocated, creating immense pain.

The same thumb techniques can be applied if you are grabbed by the wrist. Alternatively, their fingers can be manipulated as you can see them easier

than if they are on your collar. Fingers can be bent to the side or backwards toward the top of their hands. Dislocating a joint, tearing a muscle or tendon or breaking a bone in the finger or hand will inflict enough pain for them to release you.

These same defence techniques can be used whenever a digit is accessible. If you find yourself in a position to manipulate their toes, pull off their shoe and twist and bend. An elbow or knee strike can be very effective on the side or inner elbow or knee dislocating it. Remember the kid at school that would come up behind you, and put his knee in the back of your knee. The back of the knee is not very strong and your knee would bend forward every time.

These simple martial arts self-defence techniques do not take years to master. They can be an essential weapon for women's self-defence. Practice them on yourself or a friend or training partner. You can use them to defend yourself in many situations. They are quick, effective and can disable a much larger attacker quite easily.

Personal Self Defense Against Manipulators

- **Become Assertive**

Personal Self Defense has two forms. Physical self-defense and psychological self-defense. Part-one of this series looked at the social and psychological aspects of self-defense. Part-two will be a continuation of part-one however, here we will look into developing actionable steps. Developing personal self-defense against manipulators requires a keen ability to be assertive. When you are confident, it automatically loosens the control a manipulator has over your thoughts and decisions.

As previously discussed, many cult leaders use many of the tactics (discussed in part 1) to solicit new followers and potentially cause economic and physical harm to you and your family. Here are some actionable steps you can take to fight against those who are trying to manipulate you.

- **Tell Them You Feel Pressured**

Tell them that you are feeling pressured and that you don't want to do something. When your subconscious is telling you something is wrong, listen and speak up. The earlier you say something, the better. That way, it won't fester and develop into a more significant problem. Remember, you have the right not to feel pressured to do anything that you don't want to do.

- **Ask Questions**

Ask a series of probing questions. Asking questions may put the manipulator on guard and give you time to reorganize your thoughts and actions. Consider using some of the following questions as a guide to probing:

a. What do I get out of this?

b. Does what you want from me sound fair?

c. Do I have a say in this?

d. Are you asking me or telling me?

e. Does this seem reasonable?

- **Refuse The Request**

If someone approaches you to do something you don't want to, don't do it. At first, this may seem complicated, however becoming assertive at this point may save your life. Also, when you say "no," the manipulator may become surprised and back down.

DON'T GIVE INTO CONTINUED ATTEMPTS TO CHANGE YOUR MIND.

When someone doesn't get the message that you are not interested, say no and walk away. You have the right to your behavior, thoughts, and emotions and the right to offer no reasons or excuses for justifying your behavior. You have the right to change your mind and provide no explanation. You have the right to say "no" without feeling guilty.

- **Confront The Person**

Confront the manipulator in a private setting. A public environment may turn followers against you, or worse alienate you to a group-think mentality. You may then feel obligated and reluctantly comply with demands. When you make your thoughts known, it shows that you are not easily convinced and may not be worth the effort. Also, realize that the person may not want to continue the friendship. Don't feel guilty because again, you have the right to have independent ideas and to be the judge of your behavior.

- **Don't Give Into Flattery**

Flattery is an excellent tool of the manipulator. They use your self-consciousness against you. When someone praises, especially when you haven't done anything to deserve it, question their intention. It might be easy to fall victim to flattery; however, it's one of the best tools a manipulator can use to control your thoughts and actions.

- **Simply Avoid Manipulative People**

You have the right to choose your friends. If anyone makes you feel manipulated, don't have them in your life. Avoiding someone doesn't necessarily mean you need to end a friendship; it merely means you are exercising more control for the occasions and circumstances you meet.

Emotional Influence And Dark Psychology Building

In an interaction, whether it is one on one, or in a group, whoever displays the strongest emotion is leading the interaction then and influences the emotion and Dark Psychology of all the other people involved.

Therefore, in a two-person interaction, if one person is showing deep sadness and the other person is moderately joyful, the sad person will have greater influence over the interaction at least in the beginning and will bring the emotion of the joyful person down towards sadness.

Now, this is not necessarily a bad thing if the joyful person understands that he or she can still positively influence the emotion and Dark Psychology of the other person. By coming down to that person's emotion, the joyful person has a better opportunity to understand and empathize with that person's emotion.

As a result of this, the sad person may begin to feel better, and as the sad person begins to feel better, the joyful person may then begin to take the lead and bring the emotion and Dark Psychology of the sad person up towards a more positive feeling.

Humans are social creatures and the more positive our social interactions, the better we feel. In our brain, we have what neuroscientists call mirror neurons, and basically what they are there to do is help us tune into and copy the emotion of someone else so we can better understand them. As we do that, we loop with each other's emotion, and the emotion builds in intensity. We also often than speak of similar ideas and concepts.

People often unconsciously reduce the intensity of their positive emotion and Dark Psychology to attune with the negative emotions of someone who has a higher status. However, it is not your status, but the strength of the emotion you choose to generate that will determine your moods and how you influence others.

Even if you have a supervisor who is often angry or stressed, it does not have to influence your mood. In an interaction with him or her, if you displayed an even stronger level of calm or excitement, for example, you would be likely to influence them and reduce the intensity of their emotion even though they have the higher status.

Unfortunately, though, this is rare, as most people unconsciously attune to the emotion and Dark Psychology states of the person with the higher status, rather than deciding to empathize with the person if it is possible and then lead them to a more positive emotion. At any point in an interaction, you are either leading or being led. If you are being led, make sure it is towards an emotional place you are willing to go.

Furthermore, you won't always have time to empathize with someone's

emotion and Dark Psychology state and may simply need to choose to influence the other person towards your emotion immediately. Influence is not only an important one on one but also in group situations. Let me use an example of influence at the group level.

I will use the example of a fire. If there is a fire, naturally because there is a danger, everyone is going to feel fear. If one person begins to panic, everyone else's level of fear is going to increase as the panicking person is leading the group with the strongest emotion. In this situation, panic is going to equal disaster as when you are gripped with a negative emotion you cannot think clearly.

To avert disaster, a member of the group needs to generate an even more intense positive emotion such as confidence or determination and lead the group. The new emotional leader would need to show the panicking person and the rest of the group that they are intensely confident and will now be leading the group. This will then reduce the level of fear in the group and increase confidence as the group attunes to the new leader.

If the fire-fighter begins to panic, unless someone else is somehow able to generate an even stronger level of positive emotion, the group is likely to have no chance of averting disaster. So if the stronger emotion leads the interaction, the emotions you consistently and intensely generate is going to influence how others perceive and respond to you. If you are happy, other people around you will become happier.

If you are generous, other people around you will become more generous, and if you are irritable other people around you will become more irritable as they naturally attune to your emotional leadership. That is why in the long term, consistently happy people begin to maintain relationships with other consistently happy people and consistently sad people maintain relationships

with other consistently sad people, or not at all because others are finding it hard to relate to them.

Happy, confident, proud, comfortable, grateful etc. Write down what would you have to say and how you would have to act to achieve this outcome. If they are the kind of person that often speaks about problems, think of ways of changing the subject quickly towards more positive endeavours.

Make sure you prepare yourself and commit to the outcome before the encounter and take emotional leadership (with a big genuine smile) as soon as you see them.

Emotional influence often requires skill in emotional literacy. We, humans, are irrational, emotional beings, which means we do not always act in ways that get us what we want. Emotional literacy is “the ability to behave in ways that move us closer to the outcomes we truly want, especially during moments that feel hard.” Emotional literacy means we can experience discomfort without soothing it with an activity that gets us less of what we want.

Knowing, intellectually, that rational action is important does not necessarily mean we can deploy or enact it consistently. A person can learn all about the latest influence and emotional IQ tools in the world and yet when emotionally triggered by something, that same person will act in ways that mess with their outcomes.

When we awarded bonuses based on thank you cards received, we found that the person with the most thanks to you cards always had the most money collected. Why did people pay us more and even bring their kids in to meet their bill collector? Because we gave that person a feeling, they did not get enough of elsewhere. What is that feeling?

How people feel about themselves around an influencer dictates commitment

or compliance. If a person makes another person feel small, they will reduce commitment and influence.

Here are ways to increase emotional literacy and influence in communication:

- **Stop calming people down**

If a person is upset, match or exceed their concern for the problem. With more emotional parity, someone upset begins to feel heard.

- **Be curious rather than corrective**

We often try to correct someone else's discomfort rather than listen. If my son throws a bottle of water on the floor and says, "I HATE SCHOOL!" my first instinct is to tell him "school is good for you." If I ask him why he hates school, I can help him solve the real problem.

Feel empathy, then ask. Remember a time when you felt the same way, and FEEL empathy first.

Persuasion

Persuasive skills can indeed be learned from failure. The most important part of understanding failure is by defining it. Failure is defined by Giving up on the persuasive process or just winging it without a game plan. Failure can also be defined by not making it even though you did everything you were supposed to do but do everything afterwards to determine why the persuasion was not made. Either way, you define failure persuasive techniques require structure and scripting to your process.

The fear of failure has stopped more people before they have even started than most other reasons. It's the same reason that people keep working in a job that they hate year after year. Many times entrepreneurs will say the best thing that happened to them is that they were fired or lost a job that caused

them to perform for a new function. You will battle failure in either definition as long as you work on your persuasive abilities.

So what does this have to do with persuasion success? Failure in some aspect or another is not only normal; it is to be expected over time. Even the best people in most industries close at only 70%, that means that they fail 30% of the time or did they. Do you think that it bothers a person to walk away from a speech? This question probably is their focus long after their persuasive speech, even though they have let the pain of losing. They always want to know how to increase their persuasion skills.

The mistake is to let another person define what a persuasive failure is to you in so much as they can tell you that you are a failure. Plenty of successful people still make silly mistakes every day they have just lost focus on what they know works, or they have gotten lazy. Failure can be of benefit to you as a person by finding out what doesn't work and what does.

What may work for a coworker or another person does not mean that it will work for you, and that is OK also. Sales success comes from you finding out what works for you. Persuasive skills for each person may be different depending upon their abilities and or demeanour. This is great news because you may be able to find persuasive skills to dominate in your marketplace that others cannot. This also explains why you have seen or heard other people do things that you cannot duplicate even though you have tried.

Success is a mystery for some because they allow it to be. For you to gain persuasive abilities, sometimes you will have to fail and be alright with that. If you are scared of success, you will not find yourself having it.

There is at some point where you have to be vulnerable and even seen as vulnerable to grow in just about every aspect of your life. Sometimes being vulnerable means asking for help, failing or even not succeeding at the level

that you want and or desire as soon or as fast as desired.

Some people will get to a point where they think that they have failed. This is silly also because as a person, there will always be a project that does not go through. Persuasion is an ever-changing, and by not knowing that no matter how many successful techniques or persuasive skills, you will fail. Your industry if it has not changed yet it will soon that is just how business is evolution is part of every job or industry.

Dark Psychology Of Persuasion

Everyday life brings so many things to be connected with persuasion. So many companies want their product to be the best seller in the market, while the service provider also needs the society to know that they exist to provide help for them who need the assistance.

For it then persuasion is needed to make others follow the idea, even to buy products and services that they offer. The notion of persuasion is such a pervasive component in our life that the Dark Psychology of persuasion gives a detailed technique involving the goal of convincing someone to internalize the idea and hence adopt that new idea or attitude as the core belief in their life.

The first thing to do in the techniques brought by the Dark Psychology persuasion is to create a need. The need appeals to the basic need of human,

food, shelter, love, self-esteem, and self-actualization.

You can develop ideas through these basic things. Whatever it was always associated with how you can develop from a simple idea. By doing so, your goals will be more focused. The second in the Dark Psychology persuasion is to create an appeal to the social need.

The example of the technique is maybe some television manufacturers want their product to be bought. Then they make the offering that if you have such type of television, then you will be able to be like a well-known person, by making certain celebrity as the ad icon. The using of loaded words and images is also generally used so that people will be "deception" to receive the offering.

The Ultimate Guide To Improving Your Persuasion Techniques

The power of persuasion can open doors for you and make the path to success much smoother. After reading this book, you will have an array of persuasive techniques at your disposal.

The most persuasive techniques have their roots in NLP (neuro-linguistic programming). These persuasion techniques are based on empathy - to persuade someone - you must understand them.

- **Empathy-Based Persuasive Techniques**

The first and most important thing you must understand about the person you are trying to influence is what their mind best responds to - feel, visual, or auditory stimulation. Knowing this will allow you to be more persuasive by plugging into and feeding this specific desire.

Females usually respond best to feelings, but not always. Men often respond well to visuals, and some people are affected by audio. To learn which is the best stimulation to focus your persuasion, look at how they talk. Do they say "I see", "I hear what you're saying", or "I feel that."? These are obvious examples, of course; the correct answer could be more subtle and perhaps a mixture of two types of stimulation.

Adjust your persuasion techniques based on the kind of mind you are dealing with; for example, when persuading someone who is "feel" orientated, focus on how they will feel if they do what you are trying to convince them to. Don't try and tell them what it will be like - you have to make them feel it.

The more you're aware of the person you're dealing with, the more effectively you will be able to focus your persuasive techniques.

- **Mirror-Based Persuasive Techniques**

Matching your body language and even your pose/position is a subtle but surprisingly powerful persuasive technique. You need to be subtle, and it may feel awkward at first, but with some practice, you will see how effective this technique, known as "mirroring", can be at developing a rapport and easing persuasion.

As well as focusing the content of your persuasion in a way that interacts well with their specific personality type, you can also adjust your language and the way you speak to put yourself on their level.

People respond better to persuasive techniques that are in their own "language". Pick up on specific words that they use and use them back on them, especially adjectives. Pay attention to their speed, pitch and volume, and respond as similarly as possible.

- **Other Persuasive Techniques**

There are many other persuasive techniques that you can work on and build

up. We recommend that you master the empathy/mirror persuasive techniques, most importantly, as these are the most effective. However, the following techniques can be valuable additions to your persuasion armoury.

- **Persuasive Words**

There are many subconscious persuasive words that one can use. Often these will be a call to action: for example "Do that" or "Be this". Positive words and adjectives such as "Definitely", "Most" and "Effective" are very persuasive all on their own.

Use "now" words such as "today" or "at the moment" often to subliminally suggest urgency.

- **Rhetorical Questions**

Getting the person to think for themselves is highly motivating and can, therefore, be extremely persuasive. Ask questions that engage them, and they automatically become more receptive. This will also help you learn more about them. Often this will even convince them that they are making the decision when in fact you have simply steered them to this persuasion.

- **Eye Contact**

It is highly important to develop a good rapport with the person you are trying to persuade. Without eye contact, this is virtually impossible. With consistent and non-threatening eye contact, you can develop trust. Add a genuine smile and persuasion will be much easier.

Be Persuasive By Connecting Emotionally, Not Rationally

Anyone in politics will tell you - people simply don't respond rationally. They respond based on emotions. To persuade someone, you must connect with them emotionally.

- Aristotle identified the three basic elements of every persuasive

argument:

- Ethos: the credibility, knowledge, expertise, stature and authority of the person trying to persuade.
- Logos: the appeal of logic, reason, cognitive thinking, data and facts.
- Pathos: the appeal to the emotions; the non-cognitive, non-thinking motivations that affect decisions and actions.

All layers are, of course important, but it is perhaps the emotional layer that holds the most power of persuasion. We are emotional beings and are much more likely to be persuaded by the promise of feeling good than the promise of "something being correct".

Are Persuasion Techniques Moral?

Of course, you may be thinking that using persuasion techniques is immoral, underhand. Indeed, you may find yourself with the dilemma of whether to use them on someone you love. It's really up to you how you feel about using persuasive techniques but remember the following.

People should be aware of the techniques and know when others are trying to manipulate them. If you successfully persuade someone, you have simply out-competed them.

Persuasion is always optional. After much practice, you may find that these persuasive techniques simply embed into the nature of your being. Would you feel guilty for using any other aspects of your personality, such as speaking confidently?

Much of the time, you will be trying to do what is best for them anyway. The purpose of connecting with someone emotionally is to learn what they want. When you know this, you are only persuading them to do something that they will want to do anyway. So, by its definition, persuasion is not manipulation - it is just bringing your point across.

People should be aware enough to make their own decisions. Ideally, you should be confident that you can use these persuasive techniques to do what is right for all concerned.

Power Of Persuasion - Key To Moving Consciousness

The secret of the universe is the power of persuasion. Persuasion is the one key to getting what you want, becoming rich and having success in anything. Without persuasion, nothing gets done. It is about persuading yourself and others. Persuasion is about moving consciousness, and when you can move consciousness, you can move anything in the universe.

All persuasion is persuading to take action, whether mental or physical activity. All wealthy and successful people are masters of persuasion. You may have had certain ideas against using persuasion because you think it is manipulation. But those are limiting beliefs that you have which are stopping you from success.

The use of persuasion for wrongful purposes is manipulation, but the natural use of persuasion is for direction. People want to be directed in a way that makes them eager and comfortable with taking action to benefit themselves. We all naturally want to be led into doing what's good for us by someone who can show us the way.

Realize that perception creates reality. Persuasion is about changing the perception of people to change their reality. It is about helping others to see things in a different way that they didn't see before. To use persuasion, you first have to persuade yourself about the use of persuasion.

You have to change your perception of persuasion. When you can shift your perception and beliefs about reality to those who're wealthy and successful, you can use the power of persuasion the way they use it.

The most powerful and influential people in the world are the persuaders. They have the power to shift people's perception, beliefs and ideas about things. If you want to change the world, you have to change the consciousness of people. The most powerful kind of persuasion is persuasion that moves people in the direction that they already want to go.

It is persuasion to show them the means of getting that which they desire. You can persuade people to do anything if they think it will satisfy them. In all persuasion, the purpose is to persuade people that they have a certain desire, how they can satisfy that desire, and that it is worth what they give in exchange for that which will satisfy their desire.

Many places teach persuasion in different ways, but the fundamental principles all come down to the few that represent them all. It is about getting attention and sparking interest and curiosity. Then it is about arousing desire and persuading them to take a certain action to fulfil that desire.

The key thing that all persuasion deals with is to convince others about the value of something. Something only has value according to the value that you give it. Who is to say that a particular product is worth a certain amount of money? The truth is that everything in the universe is free. All the things in life obtain their value from the perception of people. The perception of value can differ from one person to another. You can create any value in anything simply by how you cause others to perceive it.

Nothing in the universe is of any use to any being except by the consciousness that the being has towards it. All drugs medicines would not work to heal if a person believes that they would not heal, and their consciousness is not in harmony for healing but disease. For a person who has the consciousness and belief for healing, even a placebo would procure the effect of healing. No one can obtain satisfaction from anything unless

they have the consciousness to obtain satisfaction from that thing.

It is persuasion that makes the world go round. If people are not persuaded to do anything, there would be no movement of energy. There would be no buying or selling. When resources are not being moved around, things cannot be placed into the hands of those who can put them to better use. The economy comes to a standstill when money is not flowing. When people keep what they have instead of giving it to obtain something more, it will only lead to stagnation, entropy and degrading of the universe.

That is why the marketers and sales promoters are doing society a big service. By persuading people to see value in something and to give something else whether it is time, money or resources to obtain it, they are promoting the exchange of energy. When energy is exchanged, that is when there can be new combinations and advanced forms of energy created for the rest of the world to benefit from. The exchange of energy is what supports the evolution of humanity and the advancement of life.

The way to great wealth is to create as much value as possible for others. Since value is created by perception, you can create value by creating the perception of value. The greater the perception of the value you can create and the more people you can influence, the more you can create an exchange of energy where money flows to you in exchange for what you offer. You can have everything you want if you help others get what they want, which is by what you persuade them to want and get.

Mastering Subconscious Persuasion To Attain Everything You Want

The subconscious persuasion is a matter of great importance because if you master it, it could help you out of numerous unfavourable situations. Well, different people use different methods of persuasion to get others to do the

things they want to be done, from the use of excessive force, a cajoling tone and perhaps by use of strong words.

You could employ persuasion as an instrument at home, workplace, and so forth to achieve your different goals in life and more so, attain the happiness that you have always hungered after.

Having the power of subconscious persuasion will place you in a position to gain insight into when the tricks of persuasion are being used in you. What you should know about the power of persuasion is that mainly because you employ your internalized ability of persuasion and that of reading other people' minds and gestures. These things make the whole process such a breeze, with wonderful results guaranteed.

You probably have many tools that you can use in the mechanics of the initiation of the subconscious persuasion process. First, you should look at the voice you use. It has been proved that the use of a voice that is a tad lower when conversing with someone is more effective when you want to appeal to their subconscious mind. Using a low voice has the effect of relaxing that person and more importantly, it would lower their defences. Eventually, that results in establishing trust in these people.

Subliminal Technology As A Therapy

Subliminal technology is one of the most successful therapies that can be used to enhance the power of persuasion. This is because this one is aimed at the brain and better yet, it is always important to remember that every function that happens in and the body are controlled in the brain. Therefore, researching for more information is the key. There are many resources for subliminal technology. They will show you how it can be used to enhance subliminal persuasion. Know as much as you can.

The Following Are Essential Techniques For Mastering Subconscious Persuasion

The framing technique: No better way to change your method of categorizing, sorting, associating, and eventually giving meaning to all aspects of life, from objects to events or even behaviors, than this one. Framing has the effect of swaying people towards your perspectives. To frame persuasive arguments, use words that will conjure images in the minds of those you are addressing.

- **The Mirroring Technique**

This is mimicking the actions (the body language and movements) of the party you are engaging in persuasion. What you do is create a sympathy sense by playing the role of the person listening. This technique, also known as the "Chameleon Effect" is more effective because you employ it subconsciously.

- **The Timing Technique**

Experts have proved the Subconscious Persuasion as being particularly effective when employed to people after a rather brain- cracking activity. Before putting a conversation with a person about something they are likely not to agree to, consider starting that talk when that particular person is mentally exhausted.

- **The Reciprocation Technique**

We are greatly compelled by the good actions that are extended to us by close people in our lives. Probably, if you do something nice to your neighbour, at home or the workplace, they will also do you good for reciprocation. What you will achieve by this is that you will complement these relationships by the power of the Subconscious Persuasion.

Deception In Dark Psychology

Deception can be defined as willfully misleading an individual for a particular gain. When applying this definition in the psychological research context, deception takes place where the research subjects, those who participate for particular research, are provided with misleading or false information to capture the reality of their responses or behavior. Especially, in behavioral studies, the significance of this lack of awareness of the reality is optimal as it creates the perfect condition of unveiling the reality.

The usage of deception is rather explicit as the participants were deceived of the reality of the research. However, even though this provided accurate and rich sources of data, which were impressive and contributed greatly to the behavioral Dark Psychology, there was a lot of criticism as it was considered rather unethical. This is because even though there was no physical damage for the participants, it was a painful emotional experience.

Deception Is Accepted Under Certain Conditions

- Firstly, deception has to be used if there is no other alternative for gaining accurate information.
- Secondly, it should not harm the subjects either mentally or physically, and
- Finally, once the truth has been revealed (this process is referred to as debriefing, where the researcher reveals the true purpose of the research) and the participants claim for withdrawal the researcher needs to respect his or her decision.

Drawbacks In Deceiving Participants

Although the deception has its advantages of improving the psychological pool of research and leads to accurate findings where people genuinely react to the situation, it certainly has its drawbacks. In the first place, before conducting research, the informed consent of the participants need to be taken. One of the main objections is that it violates the rights of the participant as the participant would be consenting to deception and used for research where he or she is not aware of the true purpose.

Another claim is that it questions the entire idea of ethicality. Finally, this taints the image of the overall discipline as the usage of deception can be rather demeaning where people formulate negative attitudes to not only that particular research and researcher, but the entire community.

To sum up, it is true that the usage of deception is Dark Psychology provides reliable, accurate data as people display genuine behavior. However, deception should only be used at mandatory situations as it has several disadvantages to the researcher, the participants and psychological research community at large. To reduce this dilemma of ethicality, the participants have to be debriefed as early as possible of the true nature of the research and

its objectives.

Pros And Cons Of Deception In Dark Psychology

The pros and cons of deception in psychological represents an extremely complex subject. On the surface, we are tempted to reject the notion of deception in psychological research outright. However, as you are going to discover, things are not as simple as deferring to that opinion every single time.

When it comes to the concept of research, there is no question that ethics is one of the essential components there is. This is certainly true for all forms of psychological research. The need for ethics in psychological research is extremely high. Most of us understand this fact.

However, there are going to be times in which ethics, as we understand the concept in broad terms, is going to be subject to a certain degree of manipulation. In terms of psychological research, this manipulation is essential to a certain degree.

Without question, when it comes to psychological or sociological experiments, there are going to be situations in which you do not want the subject to know everything. For the experiment to be effective and meaningful, you are going to want to keep certain things from the patient at certain times during the experiment. This is a form of deception. Is it an essential form of deception? It can be.

But while deception may be essential in certain aspects of psychological research, the topic of ethics in this branch of research remains a hot topic of discussion. Discoveries are being made about our minds, seemingly every day. We have to keep this in mind, and we have also to consider the notion that deception in psychological research is capable of causing harm, unintentional or otherwise.

Doctors and Dark Psychology groups throughout the world are constantly reexamining and updating their ethical codes, and there's a reason for that. While we want to acknowledge the value of a a certain degree of deception within certain research projects, we also want to constantly consider the pros and cons of deception in psychological research.

As you can imagine, weighing the pros and cons of deception in psychological or sociological research can certainly make for complicated discussions.

The Pros Of Deception In Dark Psychology

- **Deception Is Necessary**

With at least some of the psychological experiments being conducted, a certain degree of deception is essential to generating the kind of results that will make the entire endeavor meaningful. Accuracy and validity are cornerstones to any psychological research project. Without deception on at least some level, it is difficult to imagine certain experiments reaching optimal levels of both validity and accuracy.

- **The Intentions Are Generally Good**

While this may not sound like much of a pro, it's important to understand that deception in psychological research is not an inherently evil concept. While there are most definitely examples of deception being used to evil extremes, the truth of the matter is that for the most part, the intentions behind the use of deception are good.

- **The Ends Really Can Justify The Means Sometimes**

If you consider the vast history of breakthroughs achieved through a psychological research project, you're talking about significant gains in our desire to fully understand and nurture the human mind. Deception has been a component of many of those experiments. Sometimes, that deception runs to

a level that makes many people uncomfortable. Still, consider the breakthroughs. Do the ends justify the means? Many believe that they do.

- **The Ethics Of Psychological Research Are Never Complacent**

What this means is that the concept of ethics as they specifically apply to deception in psychological research is not static, or incapable of evolution. Because the concept of deception in psychological research is such a sensitive, complex topic, it is something that researchers and associations alike are constantly striving to examine and improve. Simply put, if you compare the ethics within psychological research to the ethics practiced in psychological research fifty or even twenty years ago, you will notice a marked difference.

- **A Lack Of Deception Can Sometimes Ruin Everything**

Depending on what the research is trying to accomplish, giving patients everything in the way of information from the very start of the project can dramatically change the results of the project. In some cases, it can completely ruin the whole point of the research.

- **A Universal Approach To Ethics Is Unrealistic**

The demands of one research project can be completely different from the demands of another research project. Applying universal, iron-clad ethics that demand full disclosure right from the beginning might be fine for certain research projects, but it could prove to be highly problematic for other projects.

These are some of the more obvious pros of deception in psychological research. However, the pros do not paint a complete picture by any means.

Cons Of Deception In Dark Psychology

There is some good to be found in utilizing deception in psychological research. However, some cons should be taken into account, as well:

- **Even The Best Of Intentions Can Go Wrong**

The problem with deception in psychological research is that even when researchers go into the project with the very best of intentions, there is some potential for harm to the patients. One of the most interesting components to many of the worst examples of the consequences of deception is the fact that in many cases, malice was the furthest thing from the mind of those responsible for the project.

- **The Potential For Abuse Still Exists**

Unfortunately, even with stringent ethics in place, it is possible for an individual or even a group to abuse the concept of deception in psychological research intentionally.

- **The Risk Factors Remain**

Even under the best of circumstances, there is still a risk potential with virtually all research projects that utilize some form of deception. There are psychological risks to consider, in addition to social risks and more.

The potential risk factor can vary in seriousness from one project to the next, but there is no getting around the fact that the risk potential exists in virtually all psychological research projects.

- **Does Knowledge Truly Create A Bias?**

Some believe that only in the most extreme circumstances would full

disclosure create a bias that could damage the validity of the study.

- **The Morality Of The Whole Concept Is Extremely Complex**

There is simply no getting around the fact that we are talking about a highly complex moral concept. For some, it is simply impossible to come to a satisfactory answer, which makes some interested in eliminating deception from the research project model altogether.

How To Detect Deception

Many people believe that they know how to detect deception. They rely on nonverbal cues or actions that often speak louder than words. Indeed, there are body language signals that can help detect if a person is telling the real story or not.

It is often believed that you can tell if the person is honest or not by looking at his eyes. If he looks straight in the eye, he is presumed honest. However, there have been instances where nonverbal cues alone have failed to detect deception.

According to research, lying is a skill. It is something that can be learned - very much like biking, swimming, and driving. Professional liars have trained themselves to tell lies with a straight face, and they can do it with ease after long hours of practice. It only takes patience to learn a skill. If you want to know how to detect deception, it's best if you use other tools in addition to reading body language signals alone.

Relying solely on nonverbal cues can lead to misinterpretation. Telling the truth can be quite stressful to some people. This is especially true when

sensitive and painful matters are concerned. For some people, discussions about sexuality cause discomfort that they cannot talk casually or look straight in the eye. With misleading nonverbal cues, people tend to overestimate their capacity on how to detect deception that they end up being deceived themselves.

The process of lie detection is quite tricky that people rely on technological tools to uncover the truth. This objective approach could achieve a better success rate than simply relying on nonverbal cues.

Lie detection tools are used by law in interrogating witnesses or suspects in crimes. These tools demonstrate how inept a person's judgment is when it comes to translating signals. Some of the most common tools used to uncover deceptions are the polygraph and the functional magnetic resonance imaging, otherwise called FMRI.

The polygraph measures and monitors a person's heart rate, skin conductance, and blood pressure. Changes in the monitored data are associated with a person's anxiety level. When a person is anxious during interrogation, then there is a huge possibility that he is lying.

Another technological tool that works for the same purpose is the FMRI. It uses brain scans to understand how a person's mind works and contains indicators that determine whether a person is telling the truth or not.

Police investigators know how to detect deception. They start the process by asking non-threatening questions. These questions do not prompt a person to lie. Then they proceed with the formal interrogation process. They compare and observe the changes in the brain's activity.

Again, these tools are sometimes not one hundred percent accurate. Being subject to a lie detector test causes an increase in the anxiety level and brain activity for any normal person. This may lead to a misinterpretation of data

leading to the conclusion that the person is lying even if he is telling the truth. He is just self-conscious or may be apprehensive about the machine!

It can swing both ways. Professional liars can conceal their feelings of anxiety, while some people become stressed out with telling the truth! However, people should not wring their hands and give up on these tools. They seem to forget that most individuals whom they are dealing with are not professional liars, and not all people are out there to deceive them.

Operating from such a negative mindset can only attract more of these unwanted persons in their experience. Let us be thankful that science has come up with those tools that can help in knowing and understanding how to detect deception.

Power And Control In Human Deception

As the devolution continues, daily occurrences around the U.S. and the rest of the world, offer evidence of power and control in human deception. A continuing process of human regression in the imbalance of social equity, the few who manipulate the resources manage to exert influence on those of lesser means.

Recently, a prominent business magazine known for reporting on wealth and power within business and government circles stated that 1% own more than 50% of earthly wealth. The continued decline of reasonable materiality does not paint a positive picture.

Accordingly, there are associated indicators that little more than 100,000 people have a net worth over $50 million. By staggering contrast, at the bottom of this human resources pyramid, is 71% who have less than $10,000. From there, the income disparity becomes gloomy, as poorer people experience income losses, and richer ones show income increases. Another study reported in a UK news service that less than 400 of the richest people

possess more than 50% of the poorest people.

Although there are noble examples of charitable giving by a few in the upper echelons of wealth, recent studies tend to show a decreasing trend. Some analysts suggest that poorer persons, by comparison to the wealthy based on a percentage of income, are giving more in benevolent contributions.

Naturally, there are arguments on both sides of income inequality issues. What are the implications for humankind? Aside from the abject realities, the probabilities for continued social degradation do not offer a positive future for the human race. Instead, the decline of the species invites eventual extinction.

For those in power, in the upper echelons of wealth, the oligarchies foster collusive gambits that possess many faceted expressions. From the illusions of modern education in the halls of academia to the blathering campaigning of career politicians, the superficiality of social discourse slides into the regressive oblivion for which extinction looms near.

In business, higher education, public service and other human interactivity, the diminishing value of fearlessly enlightened leadership suffer a similar fate. Leaders are disappearing, and a selfish sense of "anti-thinking" perpetrates divisiveness.

In a society quickly regressing to primal states of ancient reactivity versus intellectual preeminence, some have concluded leadership is scarce. Many are challenged to identify or otherwise name a public office holder that exhibits extraordinary capacities for leading in an increasingly dangerous world.

A regressed collective of tyrannical "tolerance" for the arrogance of intolerance to others fosters a dishonest climate of political correctness. Today, for instance, it does not take much to unnerve or otherwise terrorize a

community, a city, at state, or the entire country.

In the aftermath of a horrific event, multitudes easily clamour for government assures of protective subservience. A "lone gunman", a terrorist with a bomb, or a disgruntled employee can have large numbers of citizens willing to sacrifice liberty for an illusion of personal security. Convenient scapegoats are all too easy to conjure.

For anti-thinking, steeped in the myth and magic of lazy thinking and foolish conjecture, the many acquiesce to the numbing cerebral maladies of mass-market deception. Societies get what they want by consequence of greedy selfishness and slothful effort. For the majority, rather than a higher sense of sceptical inquiry, sanctioned by rational application of methodical analysis, and the integrity of critical thinking, honest discourse and enlightenment demands too much responsibility.

More often than not, there is an instant appeal to alleged authority, as in product promotions, the political campaign ad, and the questionable academic "experiment" and so on. So-called public interest surveys, whatever the subject, do not say much, prove little and solve nothing. At the same moment, ghosts, goblins and little green men, become scapegoats for human immaturity.

Meanwhile, some are gauging the probability of finality and focusing on two dynamics that could bring about global disaster. One of those is a mass pandemic, and the other is resource depletion that invites natural disasters. For the former, either by the contrivance of nature or human manipulation, the social collapse could ensue by way of horrible "killer diseases".

For which, now, physiological immunity is becoming more of a challenge for disease control mechanisms. Failure to anticipate, recognize, plan and implement productive actions before calamity hastens the worst-case

scenarios. While conjecture alleges catastrophes that could befall humans, a significant element remains the gambit of power and control in human deception.

Dark Psychological Mind Tricks - Crossing The Line Between Persuasion And Deception

Psychological mind tricks may consist of strategic persuasive communication techniques to make a person doubt his beliefs and values. This can mislead someone to think that what is right is wrong, and what is wrong is right. Psychological mind tricks might sound outrageous, but it works.

This would involve crafty persuasion and communication skills that will ultimately influence someone's thoughts and decisions. Moreover, the sense of touch also plays an important role in this persuasion technique.

Several individuals are now using psychological mind tricks and making apparent changes in their lives, using them to their advantage. Unconsciously, you may not know that a certain person has already played mind tricks on you, and you wake up uncertain of the events that have just happened.

Psychological Mind Tricks In Business

These are very common to salespersons who use these persuasion techniques to convince buyers to purchase their products or services. This is getting you to believe that what they are selling is perfect for you.

What they do is that they will tell you things about the product, how you can benefit from it, why it is ideal for you, and how you can save money by buying it. These are extreme exaggerations that may even lead to deceiving their prospective buyers.

Example: You are looking for a car to buy, and then you meet with a salesman telling you that you can cut down your fuel cost by 50% if you

purchase the car. But the truth is you won't. He will try to convince you by giving "exclusive" offers only given to you, even though he has already given the same offer to previous buyers.

Tricky Tactics Of Mind Control

Several advertisements use psychological mind tricks to drive their viewers to acquire the products and services being offered. Making you think that everybody is using it and only limited offers are left.

EXAMPLE: "The only product used by all Americans, you won't go wrong with it. Buy now and say goodbye to headache forever!"

What you have just read above is an example of an extreme exaggeration using advertisement as a tool to persuade customers to buy the product; telling them that they can no longer experience headache forever if they use the product. All you are doing is suggesting the things that they want to do anyway, and helping them to realize that those things are the best choices for them.

Hence, psychological mind tricks involve strategic communication, persuasion, as well as a bit of exaggeration. Timing and the sense of touch also are integral parts of this often-effective persuasion tactic.

When To Use Psychological Mind Tricks

You should know the proper time, place and person to use psychological mind tricks. In some cases, experts in the field can immediately identify your methods, thereby firing back at you and leading to a variety of consequences.

Make sure you use them at the right place, at the right time. Find out and assess the person you're dealing with first, and be concerned about their interests before jumping into any deal.

Mind Control

Many people use the idiom "Mind Control" for different things. In reality, it is a broad meaning that has different types. Mind control means to seize control of the mind. The question is, whose mind is being controlled?

There are many different procedures of mind control that are used in any case. Nevertheless, these techniques may have been derived from completely different sciences. So the techniques that are used for controlling other people's mind are very different from those to control our mind. That's why there are several mind control types.

So if someone wants to change and control the thoughts of others, then he must learn hypnosis procedures and NLP (Neuro-linguistic programming). Even if NLP is a toolbox focused on personal development, it can help with understanding what kind of character the individual you want to affect is.

For example, using a known NLP technique, someone can control the thoughts of a person while he seems to talk to him as usual. This method is called covert or conversational hypnosis.

After a while, the planted thought comes up as a new theory to the other person. While they think that they thought this by themselves, in reality, you instructed them what to think, so in this way, you can manipulate and control their mind. Traditional hypnosis from the other side involves the consent of the other person so to let you hypnotize them and plant suggestions in their subconscious.

Another hypnosis method, which seems as mind manipulation is the Stage Hypnosis. This is a technique used by showmen hypnotists to manipulate a "volunteer" participant. There is a debate if this is truly a mind control technique or a fake technique.

For those who refer to mind control as a way to control their mind, there are plethora means available. Some widely held ones are self-hypnosis, the Silva method, Meditation, brainwave entrainment and many more. In the brainwave entrainment, control has a completely different sense than the first two.

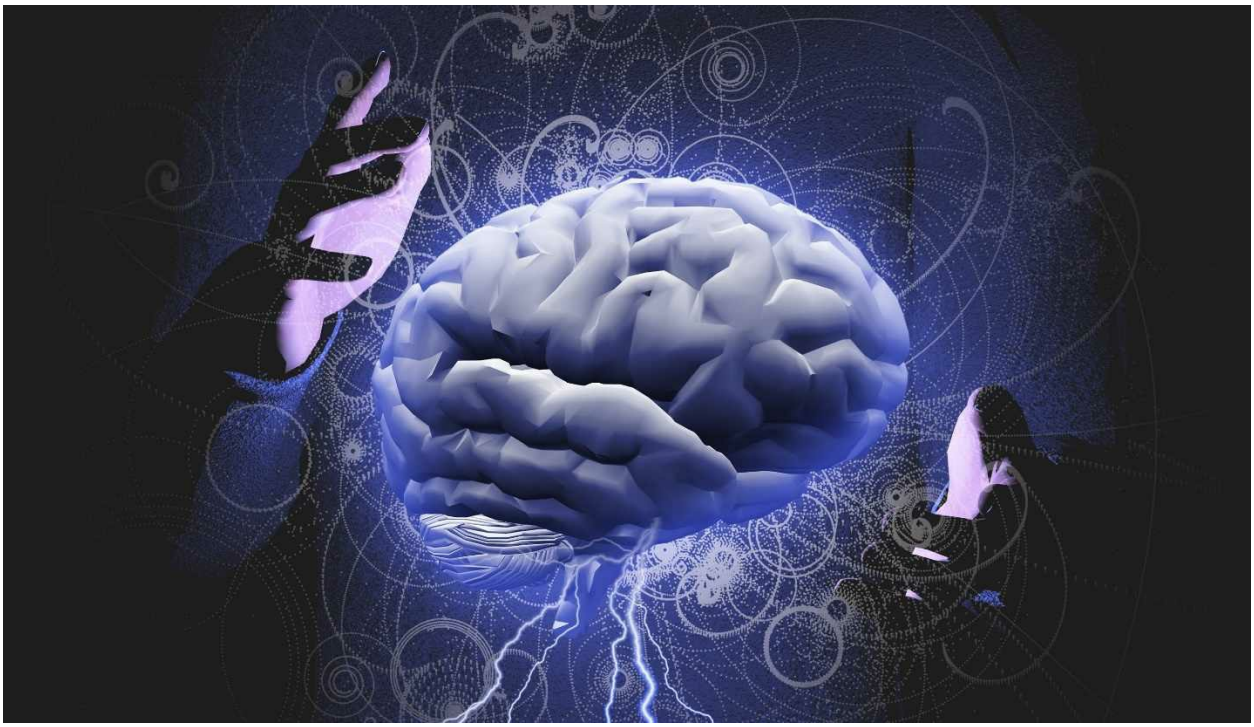
In self-hypnosis, one tries to induce their mind into hypnosis. This ordinarily happens with detailed visualizations by activating the right hemisphere and lowering the frequency of the brainwave. These visualizations can be an easy symbolic way of achieving their goals, quitting bad habits, losing weight and more.

Self-hypnosis may be guided or unguided. Guided means that someone listens to a prerecorded instruction from a hypnotherapist to get into trance and be hypnotized. Internet is full of such products that are aimed at particular reasons. Some standard aims of these programs are quitting

smoking, losing weight, calming, helping with sexual troubles and more.

Meditation approaches mind control differently. While the previous mind control techniques activate the right hemisphere and the imagination of the individual, the aim of meditation is just the contrary; to stop the thought creation. There are hundreds of meditation techniques. One easy one is concentration meditation where a person tries to concentrate his attention to an internal (e.g. breathing) or external (candle flame) fixed position.

The Dark Psychology Of Mind Control



In the box office hit "Inception", characters use a sophisticated dream machine to infiltrate the subconscious of powerful businessmen and manipulate their minds. In the classic film thriller "The Manchurian Candidate", the son of a powerful political family is brainwashed into attempting assassinations with implanted code words.

Though they take different approaches, both these films are about the Dark Psychology of mind control. These two examples illustrate how this subject has captured the imagination of the public. Imagination is a reflection of reality, however, and there are many different kinds of tactics used to coerce people into various mental states.

Under hypnosis, your body is in a deep state of physical relaxation. You become open to suggestion, and the mind is capable of tremendous mental concentration. Some nurses use hypnosis to calm down patients, removing their anxiety during operations and procedures. Many others willingly

undergo hypnosis to improve their quality of life, by probing their subconscious to stop smoking or overeating.

Neuro-linguistic programming was created in the 1970s and uses a combination of verbal and body language methods to enhance neurological capabilities. Someone trained in NLP can use a variety of methods to coerce a subject into certain cognitive states. These methods include the concept of "mirroring" a subject's non-verbal cues and "anchoring" a trigger word to elicit a particular state of mind.

The conscious mind perceives a normal stimulus. The subconscious perceives a subliminal stimulus. Advertisers frequently make use of this technique. Visual images can be shown so quickly that you may not even notice that they are there. Audio cues can be played at just under conscious listening volume, or even inserted backwards. These images and audio tracks can infiltrate your subconscious, leaving their suggestive traces behind and influencing your behaviour in the future.

The Dark Psychology of mind control has a fascinating history and potentially frightening implications. It is well worth your time to discover more information about this controversial subject. It is your mind, after all.

Gaining Mind Control To Enhance Your Life

Mind control is not a process of making an individual lose control over their thoughts and behavior. And most mind control experiments are not even done through physical force and violence unless you are in a P.O.W camp lol!

Do not confuse mind control with hypnotism. Hypnotism and mind control are not interchangeably equal. They are two very different terms. This method of self-control was once said to be enforced by religious cults, forms of politics, parenting, and the implementation of an incorrect or false set of behaviors. It has also be said that mind control has been related to two

syndromes.

A battered women's syndrome and the other is called a Stockholm syndrome. THIS IS NOT ACCURATE! Because mental control has many positives to it as well. It can help you have a more sustaining and fulfilling life. So, let's not look down upon mind control just yet.

It's been pointed out that this can very much be, the keys to becoming a better person. Sometimes a little brainwashing is needed, because, with all that goes on in one's life, the brain can get a bit cluttered, and can use a good washing. With the proper information given to the mind, it can be a life-changing experience.

Mind control techniques allow you to understand and learn more about yourself and your mindset. This is what I would like to call self mindset research. Because we think we know how our minds work, but in all actuality, we haven't the slightest idea of what we are thinking, and, or how this thinking is hurting our actions. Are we hindering ourselves a great deal with these improper thought processes?

It is conducive to becoming a better person if we learn more about our minds. You can learn from mind control about how you think, are you processing your thoughts or is your knowledge outdated. The reason I say this is because as we live, we learn and in learning out with the old and in with the new. Things change, people change,

Why? Because our thoughts change. If we don't clear our minds of the clutter, we will just suffer from information overload, and all this does is cause us to act irrational and ill-informed. Positive affirmations or correct mind control help you gain relief from negative thought processing, and aids in helping achieve your goals.

Control of your mind allows alertness and awareness of what is going on.

You can change your mindset. It is a step by step process. Use mind control to change behaviors that are holding you back, and gain possession of a more committed fulfilment of your desires and goals.

Mind control also creates a sense of power and peace. Some people use this technique and create enhanced healthy long-lasting relationships. This will build one's' confidence. This new thought process will lead to more focused behavior. Behaviour control means regulating an individual's real behavior.

Correct Information and thought control is a necessity. You will be able to make better decisions and analyze any matter rationally. This will develop the habit of obeying your first mind without any question. Reading, writing, and the meditation of your thoughts will help you master your destiny. Ask yourself what do you want from life and set out to attain it, if it's not helping you have a more rich and fulfilling life than it is a waste of time.

The Best Mind Control Techniques

What do you think of when you hear the words - 'Mind Control'? Does it sound supernatural or something that you can achieve? Most of the people think it as something of the supernatural. The truth is that we all can control our minds. It is we who run the mind and feed it with whatever we want to. Controlling the mind is in our hands. What are the best ways to control your mind?

'Why the hell should I be interested in controlling my mind? Wouldn't it be nicer if I could control the minds of others?' If you're thinking on similar lines, you're wrong simply because you cannot control others' minds unless you can control yours! And if you're thinking of world-accession by controlling the minds of others - you, in all probability, are watching too many sci-fi movies!

- **Observation**

What is it that separates you from James Bond? Yes, it may be the gadgets and the girls, but most importantly, he is a learner and a keen observant. Yes, you need to be an observant to learn to control your mind - look around; stop seeing. Start observing!

- **Leadership**

The best of the leaders surely know the best of the mind control techniques. Look at them - they are so popular. Don't you think that they can control people's minds? Give it a thought - better, think as a leader does.

- **Concentration**

The people who can control their mind well are the top businessmen, leaders, and sportspersons, to name a few groups. What they surely have in common is a method by which they can control their minds. If it weren't for that, they would not have been where they are today. Concentration and focus is the key.

- **Winner**

Think as a winner does. He does not fear to lose - he takes it simply as a part of the greater learning curve. A winner is the most positive person you'd ever seen. Be a winner.

- **Positive Attitude**

This is important because unless you have it, you do not know how to do it. The more you're in the dark, the more you become prone to becoming a failure.

- **Exercise**

Most people think wrongly that if they just eat well and concentrate on what they are doing, they can achieve whatever they want. But the important point is that if they are unfit themselves - they cannot take the stride for the strive.

Exercising your mind and body is of utmost importance.

- **Yoga**

Finally, this centuries-old all-pervasive knowledge of Yoga is what is required if you want absolute control over your mind. It employs the most scientific postures and 'kriyas' that will help you perfect the mind control techniques.

It is all in mind -it is not a popular advertisement gimmick. It is a process that every individual must go through.

Using Mind Control

When you think about mind control, you may think about someone trying to take control of another person's mind. The idea of getting someone to do something against their will may also come to mind, but are we all using mind control every day of our lives? Could it be the case we are using mind control without even realizing that we are doing it? So what is mind control, and how can we positively benefit from the use of it?

The idea of controlling the mind has been the subject of several thinkers, but is it possible to control your mind to get more out of life? Indeed if you consider people who are achieving great things in life, could it be because they have mastered the ability to control their mind? It has been said that the mind consists of the objective mind and the subjective mind, and by gaining greater control of the subjective can allow you to achieve much more in life. So how can you access greater abilities via this subconscious mind?

Understanding How The Subconscious Mind Works

The subconscious is said to be the part of the mind which deals with things

like the flowing of the blood, the beating of the heart and things that you do not consciously think about. It has been said that it does not make conscious decisions but only acts on the information that has been passed to it by the conscious mind.

It has also been stated that the people who tend to achieve great things in life can pass their desires to the subconscious mind, and once it receives the desire it begins to give tasks that allow you to achieve those desires.

- **The Objections Of The Objective Mind**

Any desire that goes to the subconscious mind needs to get past the objective mind first, and if the objective mind does not accept the idea, then it will not be passed to it. For example, if you say an affirmation that I am a millionaire, but you are not currently a millionaire, then your objective may not accept that idea, and hence will not pass the idea to your subjective or subconscious. So to get your subconscious to do the new things that you desire to do, you need to get the idea directly to your subconscious and by-pass your objective mind.

- **How Can You By-Pass Your Objective Mind?**

What are the ways that you can pass ideas or desires directly to your subjective mind? One of the methods that have been said to allow the ideas or desires directly to the subjective mind and by-pass the objective mind is by use of subliminal messages.

The objective mind does not detect these messages and go directly by flashing the message on your computer screen for a very short duration, say about a fraction of a second. This duration is not long enough to be recognized by the objective mind but can be recognized by the subjective. In this way, it is suggested that you can pass your goals and desires directly to your subjective mind.

Mind Control - Things To Do To Make Any Person Do What You Want

There are different types of mind control. Some involve straightforward manipulation and even extortion, but these can be classified as control rather than as controlling the mind. The art of making people do what you want involves making them willing to do what you want.

To understand the following stages of influencing a person to do what you want, you have to understand what mind control truly is in its essence.

It involves masterful persuasion that affects the subconscious mind, the part of the mind that is responsible for our emotions and actions that are not thought through. These include feelings, desires, beliefs, values, instincts and habits.

By mapping an action into the subconscious mind and exploiting its features, you will be able to make anyone do what you want and even enjoy it. Here is how to do this step by step.

- **Get The Person To Listen To You**

Why would anyone listen to what you have to say let alone do what you tell him? For a person to listen to you, you have to be essential for him to in some way. You can be a person he likes and trusts or sees as an authority.

You can play all these roles, provided that you learn and master the different mind control techniques for the purpose.

The best way to make a person like you is to build a subconscious connection to the person through building rapport. This is done best though mirror imaging and voice matching.

Mirror the gestures the person makes without him noticing. Match the pitch of his voice as well as the speed with which he is speaking.

There are simpler methods for getting a person to listen to you. You can confide in him to build trust. You can flatter him to make him like you. You can show sympathy and understanding.

Acting from a position of authority is also easy. Just say that you have been in the same situation and you have managed it. Show how much knowledge you have on a matter.

- **Make The Person Understand The Value Of Doing What You Want**

This is the key to exercising mind control. Think of the situation this way. The thing you want the person to do will bring him a large number of benefits. Your task is to explain the benefits to him. This is the mindset you need for effective persuasion.

The next step is to identify the exact benefits the person will get from doing what you want. These have to be strictly individual. They have to correspond to the person's values, beliefs and desires.

The best way to make the person understand the values he will get is to make him see them and experience them in his subconscious mind. You have to use his imagination for the purpose.

The simplest mind control technique is just to use the good old word "imagine." You can readily say, "Imagine what it will be like to enjoy these benefits." Then you can say, "Wouldn't you want that? This is how to get them."

- **Give The Person Confidence To Do What You Want**

Often the problem with mind control comes from the fact that the person thinks he is incapable of doing what you want. He may lack confidence because he feels weak, scared, anxious or insecure, even though by completing step 2, you have already given him motivation.

The best way to make the person confident to do what you want is to make

him believe in his ability to do it. This usually involves changing a belief or rather replacing it with a new one.

There are different mind control techniques for replacing beliefs. One of them involves replacing the thinking pattern.

For instance, you can say, "How would you feel if you were going for a walk in the park?" Then you can complete the pattern by saying, "Feeling relaxed and confident is what you are aiming for."

You can also use a positive anchor to make the person confident. Just ask him when he has felt confident and the most and make him imagine the situation to elicit confidence.

Now you know how to do mind control in three simple steps. Keep learning more to develop your skills and become a master practitioner.

Covert Nlp (Neuro-Linguistic Programming)

NLP has techniques which have become globally popular and successful, and if you learn them and use them properly, It will break you free of the chains which are currently tying you down. NLP is a practical subject which requires face to face interaction and skill practice.

You can certainly enhance your knowledge of it by delving into these pages or the very many books available, but if you wish to develop the skills for yourself you will want to attend a face to face NLP practitioner course? Whatever you wish to do, please read on. There are considerable help and encouragement from you on this substantial book.

Covert NLP, also referred to as conversational hypnosis, is the ability to hypnotize others and communicate with their unconscious mind without them knowing that they have been hypnotized. Covert NLP is a remarkable instrument that allows you to attract others to you and stir them to follow you and go out of their way to please you.

With Covert NLP, you can secretly sway people to buy from you, persuade them to do things for you, and be in command of conversations. It's an incredible tool that can change your life in simple day to day conversations.

With careful use of vocabulary and precise body language, you will enter the subject's unconscious mind bypassing the critical conscious mind and can significantly influence their behavior. Because the subject is not aware of being influenced by hypnosis, they think that they came up with the idea on their own.

Covert NLP gives you the key to planting suggestions, bringing subjects into a hypnotic state and communicating with their subconscious mind. Once you enter their subconscious mind, you can conversationally make suggestions and influence their thoughts and beliefs. People will be engrossed with what you have to say and be drawn to you like a magnet.

You can use the power of suggestion on anyone without them knowing it, and they will believe it was their inspiration. By modifying your tone of voice and your body language, you can make suggestions to just about anyone, and they will do anything you want them to (as long as it doesn't go against their morals or ethics).

Covert NLP is an unbelievable power when three extraordinary disciplines are used collectively. Each one on its own is very effective on its own, but when you combine all three into Covert NLP, the results will amaze you. Those three disciplines are hypnosis, NLP (Neurological Linguistic Programming) and mentalism. Hypnosis is the skill of hypnotizing people and communicating with their unconscious brain to modify their behavior, beliefs, or thoughts.

Neurological Linguistic Programming is the art of dialogue or conversation. NLP teaches you how to create a positive rapport with people and then get

them to WANT to please you. Mentalism teaches you how to generate false realities. With these false realities, subjects will believe everything you tell them.

When you learn and execute these three disciplines into the form of Covert NLP, you have within you an ability to change not only your life but also the lives of those around you. Once you are communicating with their subconscious mind, you can use the power of suggestion to make your life better, but you can also use it to make their lives better.

Rapid induction (putting someone in a trance state) can be generated through apparently normal conversation. Then within that conversation, you can make suggestions and put ideas into their subconscious mind. You can change behavior.

Covert NLP is just one form of hypnosis. It is a discipline that gives you the advantage by gaining complete control over your life so you can achieve greatness. You don't have to be a magician, psychic, or gifted in any way to master Covert NLP. Once you have developed the essential skills to be successful at covertly hypnotizing people you will be on a path to gaining everything you may want or need in life, not only for yourself but also for your loved ones.

Distracting The Conscious Mind

Hypnotism is all around us. Much of it is hidden or covert. Often we think of hypnosis as stage hypnosis, as only happening when we go to a show. But the truth is that hypnosis is only the distracting of the conscious mind so that the unconscious mind is operating. This is what is meant by the trance state. Perhaps you are driving down the freeway, and all of a sudden realize that you are two exits passed where you meant to get off. Or you are out running and break through the wall to that runner's high.

You get to that point where you are not consciously aware of what's going on. For the minute you become aware of how much fun you are having, you are out of the state. The child who is playing a game plays the game is not watching himself play the game. The musician who practices 8 hours a day does not see it as a chore, rather they see it as a pleasurable activity in which they get lost.

The Hypnotic Secret

This is the secret of hypnosis, to bring the subject to a pleasurable state where some intention can be brought about. And the intention is both the key to the success of the trance state and the type of hypnosis being used. There is a great deal of talk about conversational hypnosis and Covert NLP. What makes hypnosis covert is the obvious meaning of the word covert, hidden. The techniques of the hypnotist are hidden.

So the hypnotist uses hypnotic techniques to bring about the trance state without the subject, knowing it. This is the attraction of mind control. It is the desire to control another to get them to do something you want. Before we jump to any moral conclusions, we should understand that Covert NLP is used every day, all the time by everyone.

Day To Day Hypnosis

Sure you might think of a man seducing a woman as Covert NLP. And there are certainly enough books, DVD and courses available. And you may find it morally reprehensible. But what of a woman flirting isn't that Covert NLP? Isn't the use of perfume, lipstick and languid moves part of "the game"? This is the reason that the fanatic wants to ban this type of behavior. Because it works. The problem with the fanatic is that they are part of the mind control problem. They too want to control you. A better solution is to be aware of mind control techniques. By being aware of how your mind is being worked

on, by being aware of how you are being distracted, you will be in control.

Covert NLP - How To Lose Friends And Alienate People

Using hypnosis in normal settings is normally called Conversational Hypnosis or often Covert NLP. It can be covert because you don't want people to know you are doing this with them or simply because telling them would not add much to the conversation.

NLP and Hypnosis are very much connected. A general model for how your mind operates is that you have conscious and unconscious parts to your mind. The conscious part is rational, logical and is the part of your mind that you think with. Your unconscious mind is the part that stores your memories and emotions. It also has control over your muscle movements and automatic functions such as keeping blood pumping around your body, habits and automatic bits of behavior that we all have.

If you could give direct suggestions to your unconscious mind bypassing the discerning and critical thinking faculties of your conscious mind, you could have great power over people. There are obvious limitations. Your unconscious mind is geared for self-preservation, so it would not follow commands to stop breathing, for example.

But what if you could make suggestions to get excited about a particular product, or to feel attracted to particular people or even vote a particular way in an election?

It would be easier to get a wavering voter to vote for a particular party than someone who has voted for an opposing part all their life. Getting someone of a different sexual orientation to fall in love with you is much more difficult

than say someone that already finds you attractive. While it becomes increasingly less effective the more covert and the further against someones will you go, it is possible to move people a great distance using Covert NLP. A good NLP Practitioner Course will train you in all the techniques that you need to be able to use these techniques.

The point though is while you can bypass a person's conscious, rational, thinking mind, you cannot get rid of it completely. This means at some point they will notice what you have done to them. They may not know how, but they are likely to breed resentment towards you because of how they feel. Say you are using Covert NLP to mis-sell products.

Your customers might initially go away happy because that was the hypnotic state you induced in them...but when they come out of it, they are likely to feel cheated, manipulated and conned into buying something that they don't want. The net result is returns, complaints and a huge loss of reputation.

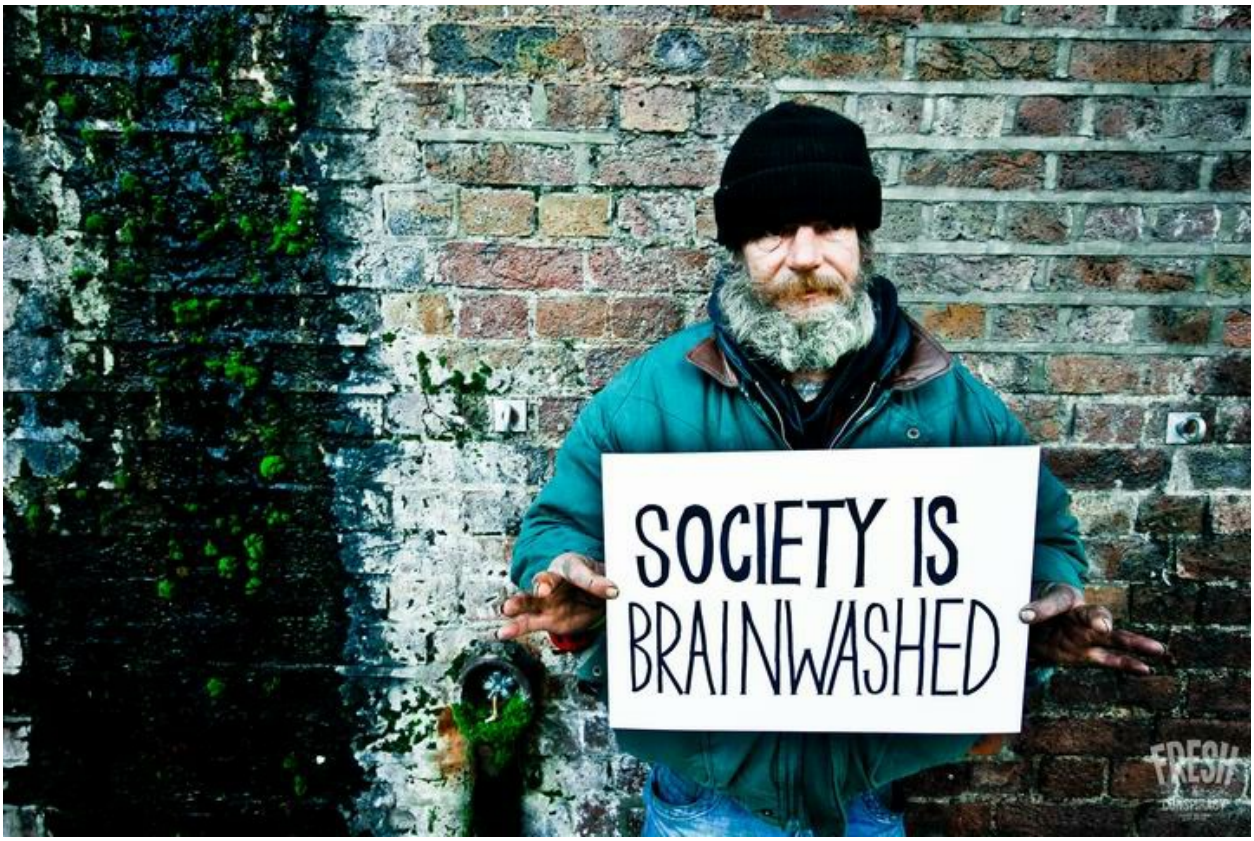
Used appropriately Covert NLP techniques can get people to access their deep desires and motivations and start to satisfy them. If I take the sales example when I find a customer with a need for a product, if I can find a way of linking the product to satisfy their needs at a deep psychological level they will feel great about the sale, the product and about me. The net result is very happy customers and a great reputation.

I guess you can start to think of some great applications for yourself, such as presenters increasing their charisma, linking fun and enjoyment to meeting friends or job satisfaction for your employees. Learn how to link people's core values to the things that you want them to do is a key part of Covert NLP and is very powerful.

If you do this with things that are not good them, they will feel cheated, if you do it in a way that moves them where they want to go, you will create

friends for life. A good NLP Practitioner course will show you can use Covert NLP to get people to do what you want and thanking you for it because they also get what they want.

Brainwashing In Popular Dark Psychology



Brainwashing is a term frequently used in the popular media to refer to a phenomenon known among psychologists as coercive persuasion. Essentially, the term refers to a set of strategies used to forcibly change someone's belief system so that they will adhere to a new set of beliefs and obligations.

In the public mind, the term often has been associated with the change of perspective and abandonment of family and values often seen in members of religious cults. Some of the techniques described below, however, have also been standard tools in the interrogation of uncooperative prisoners throughout human history.

Major Elements Of Coercive Persuasion Include:

- **Application Of Physical Or Emotional Stress**: Physical stress would include deprivation of sleep, food, light, or exercise. Emotional stress would

include isolation with no stimulation, constant repetitive chanting, or sleep deprivation to the point of entering a trancelike state.

Attribution of all of the person's problems to a straightforward explanation, which is repeated over and over. This technique worked well for the Nazis, but it works equally well for today's financial self-help gurus and fringe religious groups.

Unconditional love, acceptance, and attention are provided by the group leader, who ignores any faults if the subject comes to him.

- **Creation Of A New Identity:** This frequently includes a name change and special clothes, as with the practices of the Hare Krishna movement, who all dress identically and sport distinctive haircuts. This makes group membership far more important than individual identity, thus rendering members easier to control.
- **Entrapment:** also known as the foot-in-the-door technique. The member agrees to a few small changes, but then demands begin to gradually increase. Once the demands become unreasonable, it's too late, and cognitive dissonance is reduced by continuing to go along with the demands.
- **Access To Information Is Severely Controlled:** The group may require a severing of preexisting social ties, including ties to family. Doubts about the group or its leader are mocked, along with attempts at critical thinking. Any distress caused by this is attributed to a lack of sufficient faith in the group or its leader.

Brainwashing Techniques

There are ways of brainwashing you that are covert, repetitious and very effective. You probably are receiving brainwashing without your knowledge right now. These techniques are the reason you are overweight, smoke, have

pain, cannot sleep, along with most of your short-comings.

You have been receiving messages your entire life that has caused you to doubt your thoughts, beliefs and perceptions. This happens all the time, and it has become a basic process of human communication. These patterns of communication most often are used to the benefit of another party. However, recognizing these techniques in action, you can stop them before they harm you further.

Most of these techniques are so effective that the recipient willingly reevaluates what they perceive. However, these techniques can also be very forceful symbolically demanding the recipient changes their perception.

- **Questioning Brainwashing**

One of these covert brainwashing techniques occurs within the format of questioning. Repeated questioning organized in a precarious pattern will cause the subject to analyze things about which they were not even thinking. As this process proceeds the subject unknowingly follows through until there is a state of confusion regarding the original thought or experience. A new memory thought or altered way of thinking could be the result.

Here is what happens when a skilled individual questions you. Each time a questioned is posed, you may respond with subtle variations of a story or memory. This skilled practitioner, advertiser, authority figure can cause you to doubt your thinking eventually.

The longer this process, the more it is repeated, the less you recognize the pattern, the more effective the outcome. Before you know it you do not know what you think or have experienced and the more you agree with the message, advertisement or authority figures representation of the information. You have just been brainwashed!

- **Pay Attention And Recognize The Brainwashing**

If you pay attention to the news, to advertisers, to authority figures, you will start to notice this form of brainwashing. Some individuals are so skilled at these techniques that they use it as a standard form of communication.

If you are innocent, you will become a victim. It is vitally important to be on guard for these techniques. You need to know that you are under constant assault. If you do not, it won't be long before you no longer have an original thought.

You will no longer have discerning thought processes. You will no longer be in charge of your life. You will think you will do, you will purchase, you will follow, and you will be one of the many who have been brainwashed. And you will not even realize it!

You need to question everything. If you are overweight, if you can't stop smoking, if you are riddled in pain, if you lay awake at night with insomnia, your brain racing, preventing you from sleeping, if you have any condition in which someone else can benefit, that condition was created, and only you can reverse it.

Is Hypnosis Mind Control A Form Of Brainwashing?

Brainwashing has a shady history. Commonly when we think of the term, we're likely to visualize cult leaders or even CIA spies who are intent on making other people bend to their will through a form of mental control. So is Hypnosis mind control a form of brainwashing? In essence, I suppose it could be considered such.

After all, hypnosis mind control does intend to influence the mind of the subject, and that is exactly what brainwashing does as well. But generally, I think brainwashing has a lot more techniques involved than just hypnosis, and its effects are longer lasting.

While some of our government agencies are frequently accused of practicing brainwashing, and maybe they do, there's no doubt that it is cults that are most known for practicing this form of mind control. Cults have many techniques designed to gain long term control over their members and ways of gradually changing them in such a way that they no longer think independently even when they are away from the cult.

Techniques include hypnosis, love bombing, guilt, negative reinforcement and exploitation of any kind of emotional vulnerability until the cult member eventually becomes entirely dependent on the cult for their sense of self-esteem and gives over all decisions about their behaviour to the cult.

In addition to mind control techniques, though, brainwashing usually also involves physical isolation and cutting people off from their loved ones, which is essentially a form of imprisonment. The person who is being manipulated is being put into an extended period of stress over which they have no control and from which they cannot escape.

So what about hypnosis mind control? There are lots of people who will probably scoff at the idea that you can actually control anyone else's mind, but cults are clearly able to accomplish this and do so efficiently, so if you meet someone who thinks the idea is nonsense, then you might want to point out all of the cults that have successfully done so for years.

Hypnosis works, and once you learn how to use them Covert NLP techniques, you don't have to go out and establish your cult. That's an abuse of these skills. It is possible to learn how to influence people without causing harm. Calling this form of influence "mind control" might be considered a bit hysterical at times, especially due to the temporary nature of most hypnotic techniques since they are often conversational.

Is Anorexia A Form Of Brainwashing?

I have been interested in a long time regarding what makes people change their beliefs, mindset, and attitudes towards things. I firmly believe that most eating disorders are caused by people's wrong beliefs and attitudes towards themselves and others. Genetic predisposition also plays the role too.

Once I was reading a book about brainwashing. Brainwashing is an effort aimed towards instilling in the mind of one person different beliefs and

attitudes that eventually make a person behave in a certain way and believe in certain things.

Brainwashing was used a lot by communists to spread the mentality of communism. It was also used on war prisoners in the Korean war - when American soldiers after being captured and kept in Chinese camps sometimes ended up taking the side of the communists and considered themselves to be their supporters.

Brainwashing occurs when people join cults or weird religious groups. These change people's identity completely, just like anorexia changes people's identity completely. So, you see, brainwashing is something that can change your total identity. The media does it all the time too. And not just only the media things like the culture you live in can also brainwash you.

American Psychiatrist Robert Jay Lipton did a special research project on what's involved in brainwashing. He came up with a list of steps on brainwashing techniques:

- **Assault On Identity**
- **Guilt And Shame**
- **Self-Betrayal**
- **Breaking Point**
- **Leniency**
- **Compulsion To Confess**
- **Channelling Of Guilt**
- **Releasing Of Guilt**
- **Progress And Harmony**
- **Final Confession And Rebirth**

I believe anorexia goes through similar stages? I think it does when you think about it. The only difference is that when people get brainwashed, it is done deliberately by someone else. In the case of anorexia, people normally perceive events in their life and what happens to them and take it the wrong way; then they become prisoners of their thoughts and feelings.

I have analyzed the brainwashing steps above about eating disorders and here is what I have come up with:

- **Assault On Identity**

when anorexia begins after an emotional event or several events, the anorexic starts to think that they are not who they should be and who they want to be. The person is under constant self-identity attacks for days, weeks or months, to the point that she/he becomes exhausted, confused and disoriented. In this state, their beliefs seem less solid. They look around for a substitute for their identity.

- **Guilt And Shame**

Constant thoughts: "You are bad the way you are." They feel that their body is disgusting; they feel ashamed of their own body. When the development of anorexia coincides with the time of puberty - thoughts of being ashamed of their own body is associated with feelings of disgust about sex and intimacy, and this can have dramatic consequences.

Associations of guilt and shame about intimacy can end up being a lifelong sentence for many sufferers unless major neuroplastic changes are instigated later in life.

Eating can also be associated with guilt, and this is a major reason why anorexia turns into bulimia at a later stage of the disease for some sufferers. People begin to feel a general sense of shame, that everything they do is wrong.

Many researchers have shown that feelings of guilt are tightly associated with the development of eating disorders (especially bulimia and binge eating).

- **Self-Betrayal:**

This is when the anorexia starts to tell her/him: "Agree with me that you are bad". And once the person is confused and drowning in guilt, these thoughts

force them to withdraw from her/his family, friends and peers who are eating normally and enjoying their life. This betrayal of her/ his trust in themselves and people close to them increases the shame and loss of identity that the person is already experiencing.

- **Breaking Point**

The sufferer is constantly asking her/himself: "Who am I, where am I, and what am I supposed to do?" At this point, the person has her/his identity in crisis, experiencing deep shame and guilt. Also, the person may undergo a "nervous breakdown." This may involve uncontrollable sobbing, deep depression and general disorientation and withdrawal. Not everyone has the same severity of symptoms, but lots of people do have this exact reaction.

- **Leniency**

The Anorexia then tells the sufferer:" Follow me - I can help you." Anorexics often believe that their anorexia is the only way of life they can follow. Performing anorexic behaviour - like starving, purging which brings them temporary relief of their feelings, although short-lived. But then it demands more and more attention until the person becomes 100% consumed by their distorted anorexic thoughts and feelings.

- **Channelling Of Guilt**

This is why you're in pain. After weeks or months of suffering, confusion, breakdown and moments of leniency, the person's guilt has lost all meaning - numbness replaces it all. This creates something of a blank slate that lets the anorexia in deeper and deeper into the soul. The anorexia attaches itself to the person's guilt and belief system, opposite what healthy people have. For example, food is associated with guilt and shame.

It is the stage when anorexics start to display bad tantrums when parents try to feed them or persuade them to eat and stop their abnormal behaviour. They

start to believe that anorexia is not an illness, but it is a lifestyle and associate their self with the anorexia: they become one with the disease.

- **Releasing Of Guilt**

It's not me; it's my beliefs. With her/his full confessions, the person has completed his/her psychological rejection of their former identity. The sufferer has gradually given up all their previously enjoyable activities, left their job or college quite their university. All this is just for the sake of practicing the lifestyle anorexia provides. People start joining pro-anorexia groups, forums, looking for justification etc.

- **Progress And Harmony"**

If you want, you can choose well." - say their "thinspiration" friends.

These "Thinspiration" friends introduce a new belief system as the path to "good." At this stage, the anorexia stops to hurt, offering the sufferer physical comfort and mental calm in conjunction with their new belief system. People get a "team spirit "attitude with their friends who practice the same dangerous way of living.

- **Final Confession And Rebirth**

Their mind equals the Anorexia that tells them:" I choose kind." Good is the anorexia. The person does not doubt the righteousness of her/his choice to be anorexic. At this stage, separating them self from the anorexia seems impossible. People continue practicing this dangerous way of living.

Thousands of them die as a result of this sooner than later. Some can live longer but still eventually die from severe complications or commit suicide because of their starving and the fact they can't cope with life and can't evaluate things logically.

This is how the anorexic mind gets programmed (brainwashed) to be the way they are suffering from severe anorexia. Most eating disorder sufferers go

through similar stages, but often, these stages happen differently for each sufferer, and it is difficult to differentiate between them.

The purpose of this book is to show you what the brainwashing process is all about and that what happens in cults and prisoner of war camps is similar to what happens in people with anorexia. Also, I want to point out that the phenomenon of anorexia is mainly in the relatively young.

People in the past didn't have anorexia to the same extent we have today. In the past single cases of anorexia was described only in people who starved themselves for religious purposes, cult purposes and the like. There were no anorexic cases reported of people striving to be thin for beauty sake or prestige purposes.

This all points to anorexia being a modern disease: I believe caused by some beauty product advertisers and the media that promote beauty standards that are impossible to achieve by normal human beings. You can say that it is designed to make people buy more and more beauty and slimming products, making someone extremely rich, built on the suffering of many.

The solution to this problem is to teach young people and emphasise natural and internal beauty. To make young people strive for learning, studying and expanding their minds, not to strive for this unattainable look which some of the media and others portray as beautiful. For many young people to reach for this unattainable level only brings suffering, hardship and death.

Mind Control Brainwashing - Common Ways It Is Used To Manipulate Others

Mind control brainwashing is a process in which someone uses manipulation and unethical techniques to persuade someone to abide by the wishes of the person in control. Usually, this process occurs to the detriment of the person

being brainwashed. Other common names for it include coercive persuasion, though reform, and thought control, among other names. There are various ways in which it is commonly used, and this book will explore some of them.

One way in which coercive persuasion has been used is through the policies of totalitarian regimes around the world. These regimes are not shy at all when it comes to applying force to getting what they want, even if that force is excessive and unethical. As such, they have been known to succeed in indoctrinating their prisoners of war with various techniques involving constant propaganda and torture.

Another way these mind control brainwashing techniques are used is in new religious movements. Often new religious groups that pop up are led by very charismatic individuals who wield especially convincing powers of persuasion, as well as the ability to brainwash others through various methods, one of the major ones being isolated from family and friends who aren't fellow group members. By being isolated from others with different views, you become more firmly entrenched in the group's beliefs.

A final example is a less sinister one, although sometimes when taken to extremes it can lead to tragic results. Members of fraternities and sororities in colleges are also victimized and made to endure various examples of psychological and physical torture and humiliation to become a part of the group.

By destroying the ego through submitting to a higher authority in the group, or through performing various acts that are often humiliating, the individual starts to develop a very strong group identity and loyalty.

Often, the excessive nature of some of the physical tests the aspiring members are made to perform can lead to serious bodily injury and even death. This method of brainwashing leads members of certain fraternities to

do things that they would not do if not for the group dynamic pushing them forward.

There are many examples of mind control brainwashing besides the three mentioned in this book. This is a vast subject that also is relevant to sales, military service, and many other areas. Also, it is important to note that there are ethical ways to influence others that don't involve any sort of torture or sinister psychological manipulation.

Hypnosis Explained (Debunking The Myths)

Hypnosis is a very simple and easy-to-explain psychological phenomenon - yet often it is wrongly portrayed as some sort of black magick or false mysticism. This lack of a fair representation leaves many to throw "hypnotic wisdom" aside as mere fantasy or hogwash, and those who have been hypnotized we typically think of as weak-minded or gullible. But none of this is true.

I hope to take a short few minutes of your time to debunk some of these myths surrounding hypnosis and hopefully leave you with a clearer understanding of what these phenomena are all about.

Before I proceed with debunking these myths, let me first give a quick definition of what I believe hypnosis is: Hypnosis is a set of effective communication techniques (often through the use of direct or indirect

"suggestions") for shaping one's beliefs, attitudes, thoughts, and behaviours.

Despite this broad-sounding definition, this is what hypnosis is in a nutshell. Now let's get started.

Hypnosis Is A State Of Consciousness

Hypnosis is not at all related to any particular state of consciousness. The reason people confuse hypnosis as a state of consciousness is that we often associate the techniques of hypnosis as leading to a half-sleep and half-awake state. We picture patients lying on leather sofas with their eyes closed and their awareness facing inwards to their "subconscious." But the fact of the matter is hypnosis can be used to expand awareness just as effectively as it can be used to contract awareness.

A perfect example of hypnosis operating at "normal" consciousness is stage hypnosis. When a participant clucks like a chicken or acts out a scene in Saving Private Ryan - it is not that the individual is unconscious and being pulled by his or her strings like a stuffed puppet - they are just in a situation where they are comfortable acting out behaviours they normally wouldn't do in front of a crowd.

They are not being "controlled" by the hypnotist - they are just being communicated to very effectively. The participant's free will is still intact throughout the whole session. A participant can bring his or her self out of hypnosis whenever they choose, but why would they when they are having so much fun playing pretend?

All Hypnosis Is "Playing Pretend."

During stage hypnosis, participants are well aware that they are not actually a chicken or that they are not actually in the movies. They know they are acting (it just so happens hypnosis can make people into good actors).

But not all hypnosis can be considered "playing pretend." It depends on the nature of the suggestions given. If a suggestion is to "cluck like a chicken", then the patient will act it out. If the suggestion is "think of a time in your past where you felt confident" - that is not playing pretend - the patient is thinking about it and associating themselves into that time where they were confident.

I agree with hypnotists, who believe that all hypnosis is self-hypnosis. This means that a hypnotist cannot typically trick someone into doing something against their own will. There is always compliance on both sides of the interaction. The only difference is hypnotists can evoke unusual or non-ordinary behaviours if they discover the right mode of communication.

SCIENTIFIC STUDIES CLAIM THAT ONLY 5% OF THE POPULATION IS SUGGESTIBLE TO HYPNOSIS.

This is partly true: scientific studies do often claim that only 5-10% of the population is suggestible to hypnosis. But these studies are largely flawed because researchers only test participants with common hypnotic inductions and generic hypnosis scripts. Hypnosis doesn't work in a one-size-fits-all kind of way through (because its effectiveness comes from the use of our own personal and unique associations and understanding of language).

A real hypnotist can read his patient, stray away from generic scripts, and discover the language most suggestible to that particular patient.

There are even techniques in NLP (Neuro-linguistic Programming -a practice that could be considered "modern-day hypnosis") that allows NLP practitioners to discover a person's language tendencies (sometimes referred to as "trance words" or "keywords") simply by asking the patient a series of questions. In other words, with the right hypnotist and the right communication - anyone is suggestible to hypnosis.

Hypnosis Is Similar To Meditation

This is a common misunderstanding. Again - hypnosis is a set of communication techniques, while meditation is a more specific practice that is more linked with one's state of awareness or mindfulness.

One can, however, use hypnosis techniques to aid a meditative practice. What is often called "Guided Meditation" could be considered a form of hypnosis, and one could also use a degree of self-hypnosis (meaning no third party guidance) to expand or contract awareness into a particular meditative state?

But again, hypnosis is not about a person's mental state - it is about an expression of ideas or suggestions. At times, a particular mental state can be more conducive to learning. That is why often hypnotherapist chooses to put their patients into a relaxed state before getting into the bulk of their session. People that are relaxed commonly feel more refreshed can concentrate more, improve their cognitive abilities, and therefore are faster learners.

Stage hypnotists don't but want to put their participants into relaxed states, however. That would be a boring show. Instead, they usually want to instil some excitement or a sense of adventure - similar to the mood a child would be in. Hypnosis is not a real catalyst for physical or chemical changes in the body.

Even just for the simple fact that the brain is made up of electro-chemicals called neurons which shoot off between 50-200 times per second makes anything a potential catalyst for a chemical change in the body. All we need to do is think about something, and our brain chemistry is altered.

But more practically people want to know if hypnosis can result in bodily

changes like an increase/decrease in weight, the building of muscle, or even an increase in breast/penis size. Typically, the answer is "yes, to some extent" to all of these questions.

Hypnosis can not make your body so something it isn't already capable of doing naturally on its own. But hypnosis has been proven to help guide the body through certain changes through the use of the suggestion for both behavioral changes (such as eating less, motivation to go to the gym) and even direct changes in the body.

(changes in metabolism, the time it takes muscles to repair, and there have even been cases of improvements in vision, and yes, penis and breast size growth - hypnosis has been a show to be particularly good with directing substantial changes in soft tissue).

Remember: hypnosis helps make changes towards the body's maximum potential - it does not allow you to transcend your biological disposition through some "mystical fashion." Although there is good chance hypnosis will reveal things about your body that you were previously unaware of.

YOU SHOULDN'T TRY HYPNOSIS WITHOUT A TRAINED HYPNOTIST OR HYPNOTHERAPIST.

Most trained hypnotists and hypnotherapists would tell you that you should always seek a professional. But it would be hypocritical of me to say you have to do this since I am completely self-taught. I believe everyone should teach themselves a bit of hypnosis so they can check out and see the potential for themselves.

Hypnosis is a natural phenomenon - it is your natural right to explore it and also to explore the mind/body as a whole. There are plenty of books, podcasts, and videos to get you started with practicing hypnosis - experiment with as many as you want, get a feel for the difference in techniques, and

begin to discover the fundamental principles of what makes a hypnotist flexible and effective.

I would recommend you begin with practicing self-hypnosis techniques. Nothing too advanced. Just practice inducing yourself through hypnotic suggestion into a state of relaxation or a light trance.

You can also practice by reading generic scripts to a friend or family member and having them read some to you as well. They aren't the most effective things in the world, but that usually makes them harmless and easy to practice with.

Don't take the beginning of your studies too seriously, just get a feel for the different stages of a hypnosis session: inductions, scripts, how to appropriately come out of a session.

Hypnosis usually evokes a pleasant experience, but sometimes things go awry. Be familiar with how to end sessions quickly if you find yourself steering down a bad path, especially before you dive into some of the more advanced techniques like adjustments in our belief systems or the fundamentals of our character.

I hope this gives you a clearer idea of really what this hypnosis is all about.

The Different Types Of Hypnosis

Hypnosis is not a new phenomenon, it has been used for centuries as a tool to amaze, impress and to help treat and cure. For years it was considered some paranormal, fringe, new age fad. However, now it is recognized as a true effect and its application accepted by mainstream science. The public at large is becoming more familiar with it, and the scepticism of old is fading.

Their principles of hypnosis remain the same for whichever method is used, but there are different routes to achieve it. Some methods are as old as hypnosis, but others are the product of research and new techniques have therefore been created. The type of hypnosis used usually is dependent on the outcome that is required. All have their value, and the learning of anyone opens the doors to the other methods. Here are the main types:

- **Traditional Hypnosis**

Traditional hypnosis is the classic model of hypnosis and has been around for a long time. It is the version conducted by a hypnotist who puts the subject

into a deep trance and then directs them by using suggestions and commands. Stage hypnotism uses this technique.

The traditional hypnosis method has been much maligned and ridiculed over the years mostly unjustified, but unfortunately, some of the criticism is correct. The use of fake hypnosis employing stage plants and actors has undermined the true traditional hypnosis method. Applied correctly it is a valuable and effective tool which can both fun and helpful.

- **Ericksonian Approach**

It is said that Ericksonian is a high-quality and powerful approach to crossing most people's conscious mind. It uses stories called "metaphors" to tap into the unconscious mind.

These stories or metaphors are highly seen and accepted by the conscious mind. Once these stories pass through the conscious mind, it then redirects to the subconscious mind to store the metaphor. The subconscious mind then processes these metaphors and will soon realize the real value or the moral lesson of the story.

The subconscious mind will then change an older thought into a new one. It will create a new belief by what the metaphor or the story is trying to convey.

- **Self Hypnosis/Auto Hypnosis**

As the name suggests, this method relies on the subject inducing hypnosis on themselves. This is done by the subject learning a set of procedures, or by listening to a recording. Most self-hypnosis is delivered as hypnotherapy and is similar to deep relaxation and meditation.

Hypnosis and self-hypnosis are very similar. The key difference is that the subject is working on their suggestions rather than that of someone else. It is a widely held the view that all hypnosis is in reality self-hypnosis.

This is because the hypnotist may provide the suggestions, but it is the

evaluation and interpretation of these suggestions in the subjects own mind that heralds the results. The hypnotist is merely the vehicle that assists the subject into a trance, but it is the subject that processes the information. Regardless, the result is the same.

Self-hypnosis can be used In a very similar way to hypnotherapy and is effective in overcoming psychological problems, phobias, stress and addictions. It is often used to promote a state of deep relaxation simply.

- **Nlp Hypnosis**

Some of you may have heard of NLP or (neuro-linguistic programming). This has its origins as psychological therapy, dealing with psychological disorders, phobias, depression, habits and learning disorders. The NLP method is still widely used; however, it is now more widely used as a self-help tool to assist and promote feelings of well being.

This method has seen rapid growth in popularity and is being used by professionals for patients, business professionals, life coaches and self-help courses. NLP hypnosis is used to tackle psychological or behavioural problems or to improve one's sense of well being simply. It is a great tool for motivation and improving self-confidence.

Hypnotherapy

Using hypnosis to promote healing or positive development in any way is known as hypnotherapy. It is usually used to tackle psychological problems within the mind as this is where hypnosis can be very powerful. When successful hypnotherapy can reprogram patterns of behaviour within the mind and can allow things like phobias, irrational fears, addictions and negative emotions to be controlled.

Hypnotherapy can also be used to control the sensations of pain, and hypnosis has been used to perform surgery on fully conscious patients who would be in obvious agony if not for the use of hypnosis.

Hypnosis can be used to help people. Hypnotherapy is used to promote positive development and assist in healing. With psychological problems, such as depression, hypnotherapy can be extremely effective. Phobias, addictions and all manner of irrational thoughts can be selectively

reprogrammed and control established on negative emotions.

Hypnosis, as used in hypnotherapy, can also have physical effects, the most obvious being the blocking of pain, allowing surgical procedures to be undertaken without the harm and risks associated with anaesthesia. Hypnotherapy usually only uses very light hypnosis, not the deep trance state used in the traditional form.

Most patients are fully awake and fully aware. The key point of the hypnotherapy is that the patient must remain fully focused on the therapy and listening to the words the therapist is saying. Keeping a good rapport with the therapist is essential. If the patient does not have faith in or believes the therapy will not work, then it will fail. However, if the patient is positive and is open-minded, the success rate is very high.

CONCLUSION

The theory of Dark Psychology assumes either you are ignorant to past devious actions or simply don't care. Here is a chance to change your trajectory and begin anew. Whatever predatory behaviors you have engaged in, sociopathic and criminal, there is always a choice to cease, desist, and step from the abyss of becoming sociopathic.

The capacity of the mind could be said to be extremely vast, and it could be said that the people who understand how their mind works could tend to get more out of life. Also, learning how to take control of your mind could allow you to be in charge of the things that happen in your life. So instead of allowing life to happen to you, you could decide what happens in your life.

That survivalist mentality is our norm and that what society tries to do is control the wild beast in every human by training them from an early age to obey the laws, rules and morals of the controlling group, usually the rich, who dominate our governments and institutions.

Therefore, should we condemn those that feel society is not offering them a fair deal - which they should take what they need to survive an often hostile environment where privilege depends on your school, family or wealth? Dark Psychology Secret itself needs to come out of the closet and admit that normal human behavior is to oppose rigid societies and rules.

That people resent society, but because they are powerless against those who control law-making and morality, they feel certain helplessness in trying to live amongst the sheep. Is it any wonder then occasionally a lone individual takes it into their own hands to change society or their environment to live a freer self-controlled existence away from the rigours of societies that as we have seen all eventually breakdown and reinvent themselves as the newly

rich and powerful take control once again.

All empires cannot see their demise! How will Dark Psychology Secret then deal with this question of human behavior as a basic survivalist mechanism, that humans, are naturally violent, cruel and dominating of others who are weaker than themselves?

Psychiatry in mental hospitals is often seen as the agents of social control - if you do not agree with society and its rules then you must be insane - therefore you should be committed and controlled for the safety and benefit of all.

Dark Psychology Secret, on the other hand, is seen as the liberating aspect of mental health - where we help those out of synch with the society of finding their place and fit back into what is considered normal behavior for that group.

Where will the answer be for those who rebel against the society they live in and want another way of existence without the interference of the powerful and the freedom to live a life they choose as suiting themselves. Or do we wait - for the movies to come true the disaster that awaits all humans and a return to a dog eat dog existence called survivalism - the real social norm!

At this junction, it is time to conclude from these observations that social norms, laws and morals are actually "not normal" for human beings and that society often forces group behavior based on what the powerful want over the powerless.

Thanks For Reading This Fantastic Book